

A step-by-step
user guide
for patients



TRURAPI®

Pre-filled pen with Insulin
aspart 100 units/mL

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For more information, please also read
the 'Patient Instructions for Use' leaflet
that comes with your Trurapi® pen

This booklet is intended for adults with diabetes who have been prescribed Trurapi®.

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This booklet has been designed to support you in using Trurapi®. It is intended purely as a support to the advice from your doctor or nurse and does not replace the patient information leaflet, so please read that leaflet alongside this booklet.

Trurapi®
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This guide gives you information to help you start using your Trurapi®.

About Trurapi®

You have been prescribed Trurapi®. Trurapi® will help you control your blood sugar levels at meal times.

Trurapi® will start to lower your blood sugars 10-20 minutes after you inject it and the effect lasts for up to 3-5 hours after injection. Due to this short action, Trurapi® should normally be taken in combination with other intermediate-acting or long-acting insulin preparations.

Your doctor or nurse will explain how you should take your Trurapi®. Follow their directions, don't be afraid to ask for help if you are having any problems with your insulin.

Trurapi® should be taken before a meal as instructed by your doctor or nurse.

Trurapi® SoloSTAR® is a pre-filled disposable insulin pen. Before you start using your Trurapi®, it's a good idea to familiarise yourself with the pen.

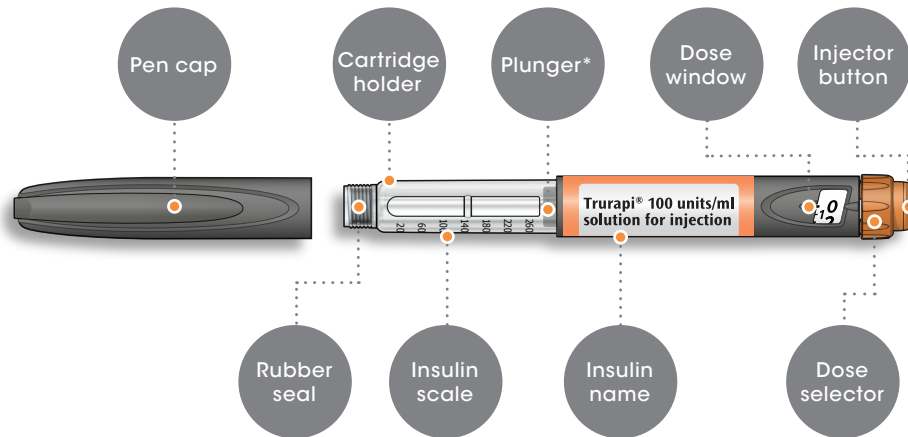
Your insulin Trurapi® SoloSTAR® pen

Basic pen information

- Allows you to adjust your dose in 1 unit increments
- Delivers a maximum of 80 units per injection
- Each new pen contains a total of 300 units of insulin
- Each new pen, once opened, can be used for up to 4 weeks

Your doctor or nurse will help you find the correct dose for you.

An introduction to the main parts of the Trurapi® SoloSTAR® pen



*You will not see the plunger until you have injected a few doses.

How to read the dose window

Even numbers: are shown in line with the dose pointer

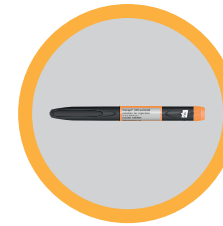


Odd numbers: are shown as a line between even numbers

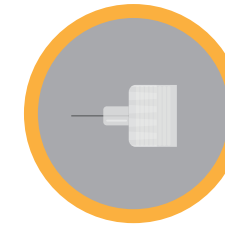


Preparing to use your Trurapi® SoloSTAR® pen

Before each injection, make sure you have the following ready:



Your Trurapi® SoloSTAR® pen



A new sterile needle*



A puncture-resistant container* for used needles and pens

*Please note these items are not provided with your Trurapi® SoloSTAR® pen.

! Please take care when handling needles.

Do's and don'ts before using your pen

- ✓ Always wash your hands beforehand
- ✓ Always use pens that are within the 'use by' date on the pack
- ✓ Always check the label
- ✓ Always perform a safety test before you inject
- ✓ Clean the injection site
- ✗ Never use the pen if it is damaged or not working properly
- ✗ Never share your pen

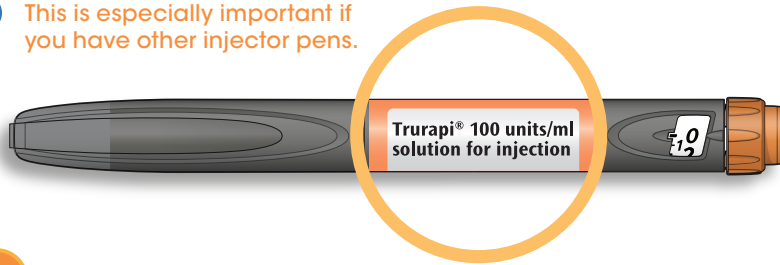
How to use your Trurapi® SoloSTAR® pen

Follow these 6 steps

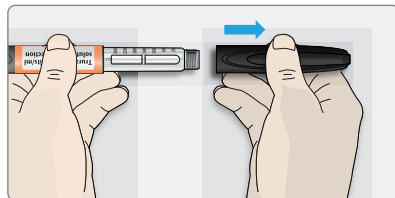
- ! If you're using a new pen, remember to remove it from the fridge at least an hour before use.

Step 1 Check your pen

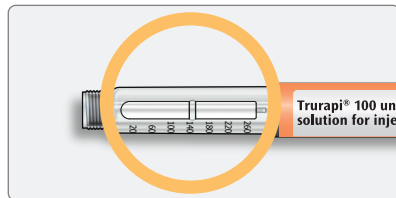
- ! This is especially important if you have other injector pens.



- a Check the name and expiry date on the label of your pen
 - ✓ Make sure you have the correct insulin
 - ✗ Never use your pen after the expiry date



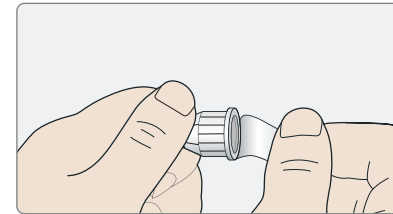
- b Pull off the pen cap



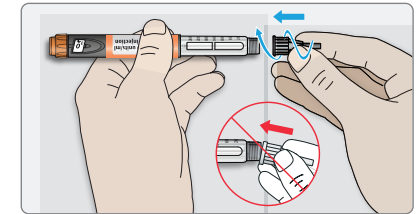
- c Check that the insulin is clear
 - ✗ DO NOT use the pen if the insulin looks cloudy, coloured or contains particles

Step 2 Attach a new needle

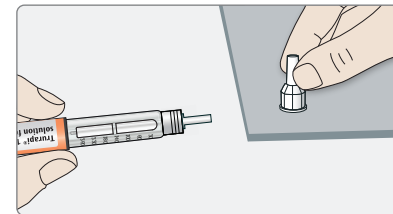
- ! Please take care when handling needles – this is to prevent needle injury and cross-infection.



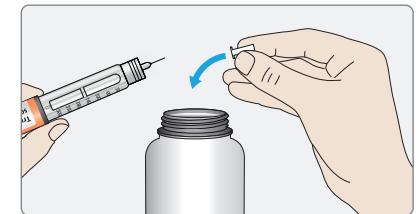
- a Take a new needle and peel off the protective seal



- b Keep the needle straight and screw it onto the pen until fixed
 - ✗ DO NOT over-tighten



- c Remove the outer needle cap. Keep this for later

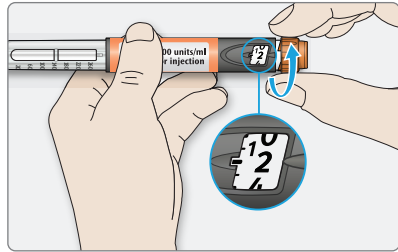


- d Pull off the inner needle cap and throw it away

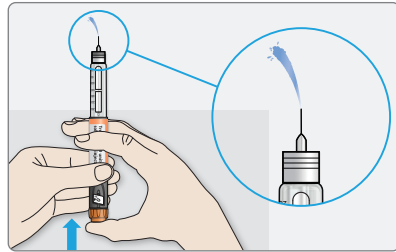
- ✓ Always use a new sterile needle for each injection. This helps stop blocked needles, contamination and infection
- ✓ Only use needles compatible with Trurapi®

Step 3 Perform a safety test

! Always perform a safety test before each injection to ensure your pen and needle are working properly and to make sure that you get the correct insulin dose.



a Select 2 units by turning the dose selector until the dose pointer is at 2 mark



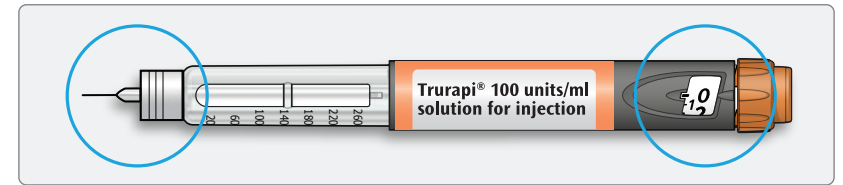
b Press the injection button all the way in

- ✓ If insulin comes out of the needle tip, this means your pen is working properly
- ✗ Never use a syringe to remove insulin from your pen

If no insulin appears, repeat the safety test up to three times

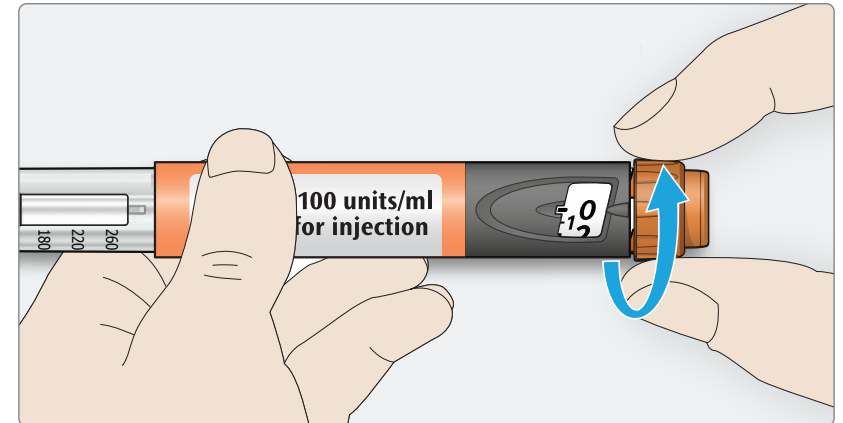
- ! If no insulin appears after the third time, change the needle and repeat the test
- ! Do not use the pen if no insulin comes out of the needle tip after further testing. Use a new pen
- ! Don't worry if you see air bubbles as this is normal and will not harm you

Step 4 Select the correct dose



a Make sure the needle is attached and the dose is set to "0"

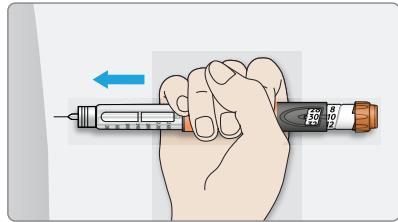
- ✗ Never select a dose, or press the injection button without a needle attached. This may damage your pen



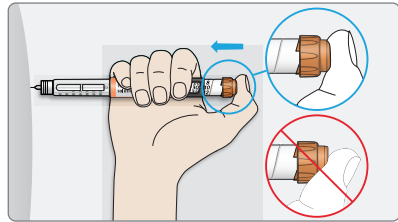
b Turn the dose selector until the dose pointer lines up with your dose

- ! If you turn past your dose, you can turn back down
- ! The dose selector will stop when it reaches the number of units left in the pen
- ! If you cannot select your full prescribed dose, split the dose into two injections or use a new Trurapi® SoloSTAR® pen

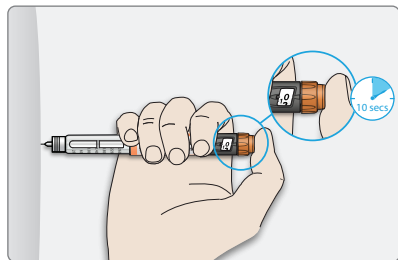
Step 5
Inject your dose



- a** Select an injection site (see next section for possible sites)
- b** Push the needle into your skin as shown by your doctor, pharmacist or nurse
 - ✗ Do not touch the injection button yet



- c** Place your thumb on the injection button. Then press all the way in and hold
 - ✗ Do not force the injection button if you find it hard to press. This may break your pen
 - ✗ Do not press at an angle as your thumb could stop the dose selector from turning



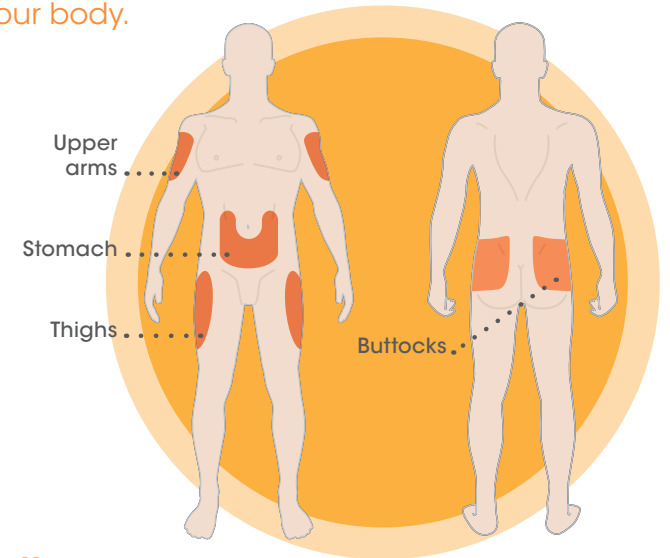
- d** Keep the injection button held down. When you see "0" in the dose window, slowly count from 1 to 10. This will make sure you get the full dose
- e** After holding and slowly counting to 10, release the injection button. Then remove the pen from the injection site

If you find it hard to press the injection button in, do not force it, as this may break your pen:

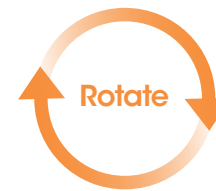
1. Change the needle and perform a safety test
2. If you still find it hard to press in, use a new pen
3. Never attempt to remove the insulin from your pen with a syringe

Where to inject

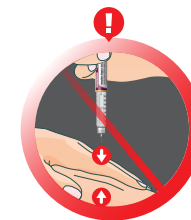
You can inject Trurapi® into one of four areas on your body.



Injecting tips



The injection site should be rotated to prevent skin changes such as lumps under the skin. The insulin may not work very well if you inject into a lumpy area. Contact your doctor if you are currently injecting into a lumpy area before you start injecting in a different area. Your doctor may tell you to check your blood sugar more closely, and to adjust your insulin or your other anti-diabetic medication dose.



Do not pinch the skin



Do not rub the injection site after an injection

Step
6

Remove the needle

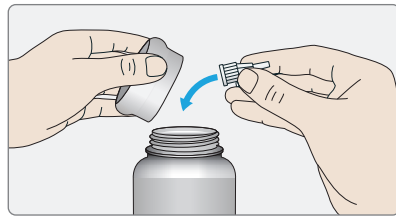
! Please take care when handling needles – this is to prevent needle injury and cross-infection. Also, never put the inner needle cap back on.

a Put the outer needle cap back on the needle, and use it to unscrew the needle from the pen

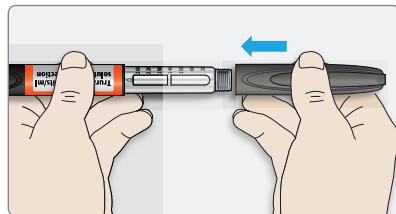
! To reduce the risk of accidental needle injury, never replace the inner needle cap

! If your injection is given by another person, or if you are giving an injection to another person, special caution must be taken by this person when removing and disposing of the needle

! Follow recommended safety measures for removal and disposal of needles (contact your doctor, pharmacist or nurse) in order to reduce the risk of accidental needle injury and transmission of infectious diseases



b Throw away the used needle in a puncture resistant container, or as told by your pharmacist or local authority



c Put the pen cap back on
x Do not put the pen back in the fridge

! Never attempt to remove the insulin from your pen with a syringe

Storing your Trurapi® SoloSTAR® pen

Make sure you read and understand the information below before using your Trurapi® SoloSTAR® pen.

Storing your pen

- 1** Keep any unopened pens in the fridge (not the freezer). The temperature should be between 2°C and 8°C
- 2** Before using a new pen, take it out of the fridge an hour before first use
- 3** After your first injection, store your pen at a temperature below 30°C (never put your pen back in the fridge). Always keep your pen away from direct heat and light
- 4** Once opened, each pen can be used for a maximum of 4 weeks
- 5** **Always use a new, sterile needle each time you inject**
- 6** **Never re-use needles.** If you do you might not get your dose (under dosing) or get too much (over dosing) as the needle could block
- 7** **Never store your pen with the needle attached**

Caring for your Trurapi® SoloSTAR® pen



How to look after your pen

- You can clean the Trurapi® SoloSTAR® pen with a damp cloth, but do not soak or wash your pen
- If your pen becomes difficult to use, do not try to fix it, use a new pen
- You can carry the Trurapi® SoloSTAR® pen with you at all times. Help take care of your pen by:
 - Not dropping or knocking it against hard surfaces
 - Protecting it from dust and dirt
- Carry a spare pen and spare needles in case your current one gets lost or stops working

Disposing of your pen when it is empty, or out of date

You can store your Trurapi® SoloSTAR® pen for 4 weeks after it has been activated. After this time, you must throw it away, even if there is some medicine left in it. Replace the pen cap and dispose of the pen in the way advised by your doctor or nurse.²

You can tell the pen is empty when the dose pointer has reached '0' on the dose scale, and the injection button cannot be pulled out any more.

FAQs about Trurapi®

What do I do if there are air bubbles in the pen container?

It is normal to have small air bubbles in the pen container and they will not harm you. Your dose will still be correct and you will be able to use the pen as instructed.

What if no insulin comes out during activation?

The needle may be blocked or not properly screwed on. Remove the needle and attach a new one. If there is still no insulin coming out of the needle tip. Use a new pen.

What do I do if it is hard to press the injection button all the way down?

Withdraw the needle and check that it is screwed on correctly. If it is still difficult to push the injection button, the needle may be blocked, so remove it and attach a new one. If still no insulin comes out, your Trurapi® SoloSTAR® pen may be damaged, so do not use the pen.

What do I do if I accidentally inject myself before my Trurapi® SoloSTAR® pen is activated?

Do not try to correct this by giving yourself a second injection. Contact your doctor or nurse for advice on how to check your blood sugar.

Do I have to change my needle after each injection?

Yes – never use a needle more than once. This will help guard against infections at the injection site and stop the needle from becoming blocked.

What if I am taking (or intend to take) other medicines at the same time as Trurapi®?

You should tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines, as the effect of some medicines might be affected by Trurapi®. You may need to alter the time you take other medicines to avoid this.

If you are in any doubt about any of the FAQ's, please speak to your doctor or nurse, or call:

Sanofi Medical Information **08000 35 25 25.**



REMEMBER

- ✓ Always carry a spare pen and spare needles in case your current one gets lost or damaged
- ✓ Always use a new sterile needle each time you inject
- ✗ Do not use a new pen straight out of the fridge as this will make your injection feel uncomfortable – wait at least one hour
- ✗ Never share your pen with anyone else – your Trurapi® is meant for you alone
- ✗ Never attempt to remove the insulin from your pen with a syringe

For full safety information and instructions for use, please read the 'Instructions for use' leaflet in your Trurapi® SoloSTAR® pack.

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can also report side effects directly via Yellow Card Scheme at www.yellowcard.mhra.gov.uk.

Side effects should also be reported to Sanofi. Tel **0800 090 2314** or email to UK-drugsafety@sanofi.com

By reporting side effects, you can help provide more information on the safety of this medicine.

Sanofi Medical Information: 08000 35 25 25
Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT