



Your guide to TRURAPI®

Insulin aspart 100 units/mL

This booklet is intended for people 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.

What is Trurapi[®]?

You have been prescribed Trurapi[®], which is a medicine that will help you control the level of sugar in your blood at mealtimes.

Trurapi[®] is a rapid-acting type of insulin. It can be taken shortly before or soon after a meal to help regulate sugar (glucose) levels in the body for adults and children aged 1 year and above with either Type 1 or Type 2 diabetes.

As blood glucose levels rise after eating a meal, the pancreas normally produces a fast-acting 'burst' of insulin to bring blood glucose levels back to normal. Trurapi[®] gets to work quickly but only for a short time to mimic this insulin burst.





Using Trurapi®

Trurapi® is available in pre-filled disposable pens, cartridges for use with a re-usable pen and vials for use with insulin syringes. Your diabetes nurse or doctor should talk to you about which of these options is right for you and how to use it.

The information in this section will help you keep your insulin in good condition by storing it correctly.

Check the expiry date

Before using Trurapi®, always check the label to ensure you have the correct insulin and that it has not passed its expiry date. The expiry date can be found on the pen, cartridge or vial and its outer box.

The right needle for you

Your SoloSTAR® or cartridge device can be used with a range of disposable needles of different sizes. The needles are small to minimise any discomfort. Your doctor or nurse will choose the right size needle for you.

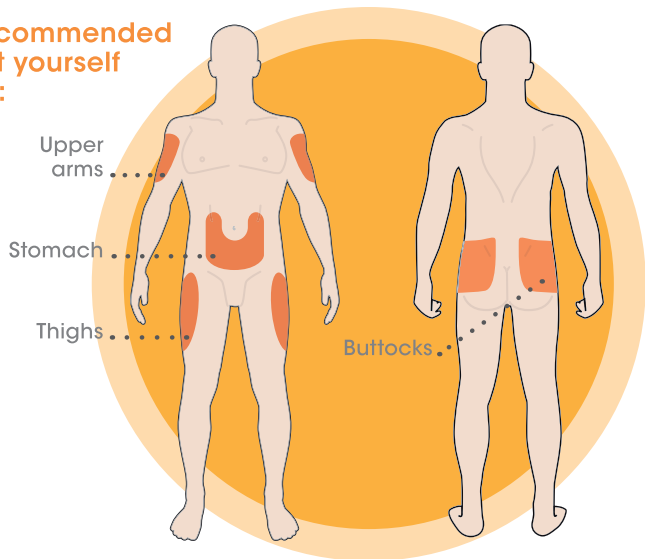


How do I use my insulin?

Trurapi® is a clear solution that should be injected shortly before eating a meal or soon after a meal.

It is essential to check that you are using the correct insulin every time you inject. Your diabetes nurse or doctor will talk to you about how and where to inject your insulin. They will help adjust the dose to suit your needs.

It is usually recommended that you inject yourself in these areas:



Trurapi® is for injection under the skin. You must never inject yourself directly into a vein or muscle. Trurapi® is only suitable for injecting under the skin. Speak to your doctor if you need to inject your insulin by another method.

With each injection, change the injection site within the particular area of skin that you use. This may reduce the risk of developing lumps or skin pitting. The best places to give yourself an injection are: the front of your waist (abdomen), the upper arm or the front of your thighs. The insulin will work more quickly if you inject into the front of your waist (abdomen). You should always measure your blood sugar regularly.



Cartridges

Your diabetes nurse or doctor should talk to you about which of these pens is right for you and how to use it.

The cartridges contain 3ml of solution and can be inserted into the AllStar®PRO reusable pen or JuniorSTAR® reusable pen.

Before using for the first time, Trurapi® cartridges should be stored in their outer cartons in a fridge between 2°C and 8°C. They should not be frozen and must be kept out of direct heat and light.

Before inserting a cartridge into your insulin pen, leave it at room temperature for an hour or two to warm up a little. Check to make sure that the cartridge is intact and that the solution appears as a clear liquid with no solid particles.

When in use, don't put your pen containing a cartridge back in the fridge or leave it anywhere above 30°C but keep them in their outer carton to protect them from light. Once opened, your insulin can only be used for up to 28 days. So, write the use-by date on the label to help you remember and discard any remaining insulin in the cartridge after four weeks.

AllStar®PRO and JuniorSTAR® pens can be obtained from your diabetes clinic.

Instructions on how to use the AllStar®PRO and JuniorSTAR® pens can be found in the Patient Information Leaflet within the carton.





Pre-filled pens

SoloSTAR® disposable pens contain 'units' of Trurapi®. Before using them for the first time, store your pens in their outer carton in a cool place, such as in the fridge. Freezing will damage the insulin so keep them away from the freezer compartment or any freezer packs.

When you take a new pen from the fridge, leave it at room temperature for at least an hour to warm up a little before using it. Once you've taken a pen out of the fridge for use, or as a spare, it can be used for 28 days. During this time, don't put it back into the fridge; keep it at room temperature but no warmer than 30°C. Remember not to leave it anywhere it might overheat and make sure it's protected from light.

After 28 days, discard the SoloSTAR® pen you're using, even if it still contains some insulin, and start using a new pen. Do not use SoloSTAR® pens after the expiry date printed on the pen label or carton.

Instructions on how to use the SoloSTAR® disposable pen can be found in the Patient Information Leaflet within the carton.

Vials

The glass vials contain 10 ml of solution and are for use with insulin syringes.

When you receive your new vials, keep them in their packaging and store them unopened in the fridge at between 2°C and 8°C. Trurapi® should not be frozen and must be kept out of direct heat and light. If a vial freezes or overheats, throw it away. When you look at the solution in the vial, it should be clear and colourless with no visible particles.

After opening, your insulin should be kept at a temperature of less than 30°C and in its outer carton to protect it from light.

Once opened, the vials should be used for up to 28 days only. So, write the use-by date on the label to help you remember and discard the vial after four weeks.



Possible side effects & managing them

Like all medicines, Trurapi® may cause some side effects. It is important to be aware of them. For a full list of the side effects, please read the Patient Information Leaflet. If you have any questions about side effects, talk to your doctor or nurse.

Possible side effects

Hypoglycaemia (low blood sugar)

If you are taking Trurapi® there is always a chance that you might get hypoglycaemia (a "hypo"). This occurs when your blood glucose levels become too low and there is too little glucose in the blood for your body's needs.

Your doctor or nurse will explain how you can recognise signs of hypoglycaemia and how to correct your blood glucose levels.

Signs of hypoglycaemia

These may include:

- Sweating, shaking, nervousness, feeling faint, feeling hungry, palpitations

If you notice any of these signs, it is important for you to discuss this with your doctor or nurse and always refer to the advice given by them.

What to do if you recognise any hypoglycaemia signs?

Eat or drink something high in sugar, as soon as possible. This will help raise your blood glucose. The following are good sources of sugar:

- Glucose tablets, fruit juice, hard sweets

Avoid cakes, biscuits and chocolate if possible

These foods have plenty of sugar, but also a lot of fat, so they may not work as well because the fat slows down the absorption of sugar.

Measure blood glucose levels and rest

If possible, you should measure your blood glucose levels and rest.

If the signs of hypoglycaemia do not go away after 15–20 minutes have some more sugar. Once you feel better, be sure to eat your meals as you would normally to keep your blood glucose levels up.

Signs of more serious hypoglycaemia

These may include the following:

- Dizziness, tiredness, headaches, confusion, lack of concentration, slurred speech, blurred vision or behaviour that could be mistaken for drunkenness

If you notice any of these more serious signs, seek medical assistance immediately.

Other possible side effects

Skin Changes at the injection site

These can occur if you inject your insulin too often in the same place. Fatty tissue under the skin at the site may shrink or thicken. 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 into 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.

Serious Allergic Reactions

Seek medical advice immediately if signs of an allergy spread to different parts of your body or if you suddenly feel unwell, start sweating, feel dizzy, have difficulty breathing or rapid heart beat as these can indicate a serious allergic reaction.

Local Allergic Reactions

You may experience reactions at, and around, the injection site (such as reddening, pain on injection, itching, hives, swelling or inflammation). These usually disappear after a few weeks of using your insulin. If they do not disappear, or if they spread throughout your body, talk to your doctor immediately.

Other medications and Trurapi®

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. Some medicines can change your blood sugar level. This may mean your insulin dose has to change. So, before taking a medicine ask your doctor if it will affect your blood sugar and what action, if any, you need to take. You also need to be careful when you stop taking a medicine.





Some contacts you might find useful

Diabetes UK

www.diabetes.org.uk
Tel: 0345 123 2399

Driving with diabetes

DVLA
www.gov.uk/diabetes-driving
Tel: 0300 790 6806

Healthy living

NHS support in giving up smoking
www.nhs.uk/better-health/quit-smoking
Tel: 0300 123 1044 (England only)

My contacts

Diabetes nurse

Name: _____

Tel: _____

Diabetes specialist doctor

Name: _____

Tel: _____

GP

Name: _____

Tel: _____

Dietician

Name: _____

Tel: _____

Chiropodist/Podiatrist

Name: _____

Tel: _____

Community nurse

Name: _____

Tel: _____

Pharmacist

Name: _____

Tel: _____

Other

Name: _____

Tel: _____

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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. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

Sanofi Medical Information: **08000 35 25 25**
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