

A step-by-step  
user guide  
for patients



# LANTUS<sup>®</sup> SOLOSTAR<sup>®</sup>

Pre-filled pen with  
insulin glargine 100 units/mL

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

This booklet is intended for adults with diabetes who have been prescribed Lantus

sanofi

# Contents

|   |           |
|---|-----------|
| <b>About Lantus SoloStar</b>  | <b>3</b>  |
| <b>Your Lantus SoloStar pen</b>   | <b>4</b>  |
| <b>Preparing to use your Lantus SoloStar pen</b>                          | <b>5</b>  |
| <b>How to use your Lantus SoloStar pen</b>                                | <b>6</b>  |
| <b>Where to inject</b>  | <b>11</b> |
| <b>Storing your Lantus SoloStar pen</b>                                   | <b>13</b> |
| <b>Caring for your Lantus SoloStar pen</b>                                | <b>14</b> |
| <b>Frequently asked questions (FAQs) about Lantus and Lantus SoloStar</b> | <b>15</b> |

This booklet has been designed to support you in using Lantus. 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.



This guide gives you information to help you start using your Lantus SoloStar pen.

## About Lantus SoloStar

You have been prescribed Lantus. Lantus will help you control your blood sugar levels throughout the day.

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

Lantus should be taken once daily, so choose a time that is convenient for you. Lantus works best if you take it at the same time every day.

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

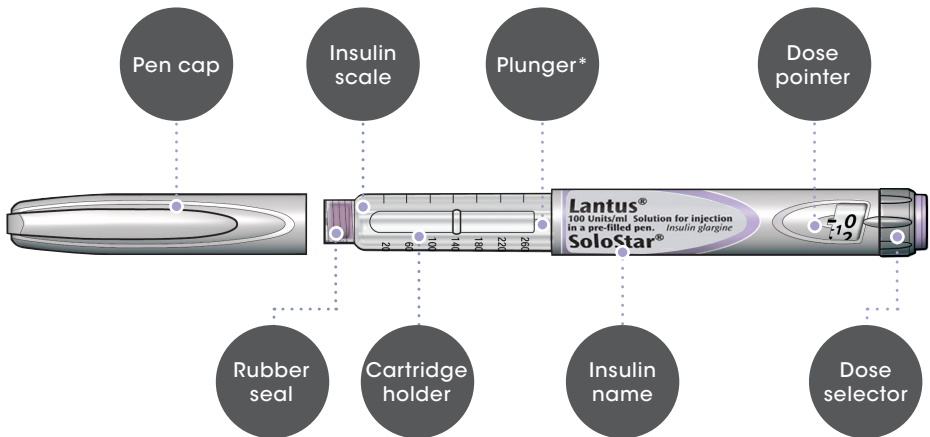
# Your Lantus SoloStar pen

## 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 Lantus 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

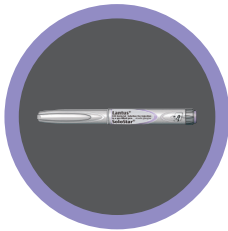


**Odd numbers:**  
are shown as  
a line between  
even numbers

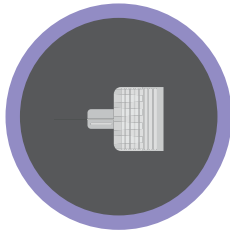


# Preparing to use your Lantus SoloStar pen

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



Your Lantus SoloStar pen



A new sterile needle\*



A puncture-resistant container\* for used needles and pens

\*Please note these items are not provided with the Lantus SoloStar.

**!** 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



Step  
**2**

## Attach a new needle and remove the needle caps

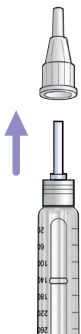
**!** Please take care when handling needles.



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



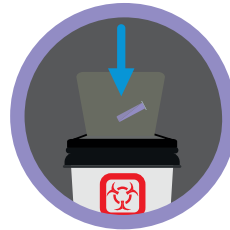
**b** Screw the new needle onto the pen until fixed  
**x** DO NOT over-tighten



**c** Remove the outer needle cap. Keep this to use again after your injection



**d** Pull off the inner needle cap and dispose of it



✓ Always use a new sterile needle for each injection. This helps stop blocked needles, contamination and infection

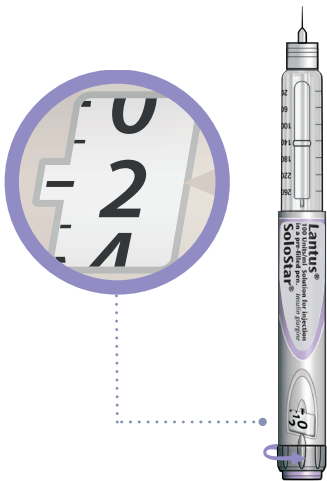
✓ Always use needles from BD, Ypsomed or Owen Mumford



Step  
**3**

## Perform a safety test

**!** Always perform a safety test before each injection to ensure your pen and needle are working.



**a**

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

**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



**b**

Press the injection button all the way in

✓ If insulin comes out of the needle tip, this means your pen is working properly



Step  
**4**

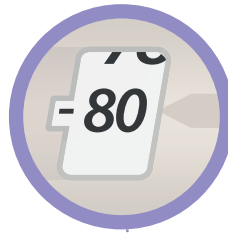
## Select the correct dose



**a**

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

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



**b**

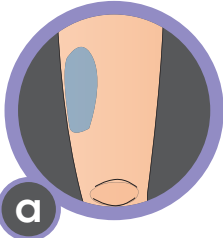
Turn the dose selector until the dose pointer lines up with your intended dose

- ! 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 Lantus SoloStar pen

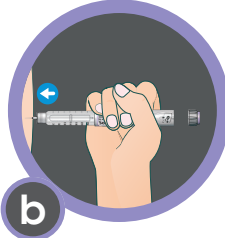


Step  
**5**

## Inject your dose

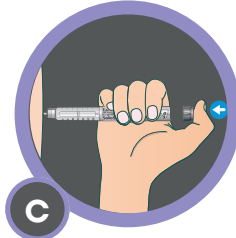


**a** Select an injection site (see next section for possible sites)



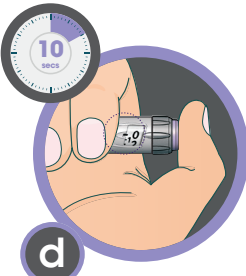
**b** Push the needle into your skin as shown by your doctor, pharmacist or nurse

**X** Do not touch the injection button yet

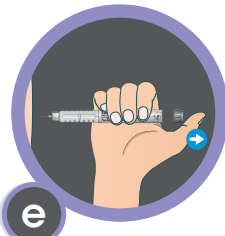


**c** Place your thumb on the injection button. Then press all the way in and hold

**X** Do not force the injection button if you find it hard to press. This may break your pen



**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

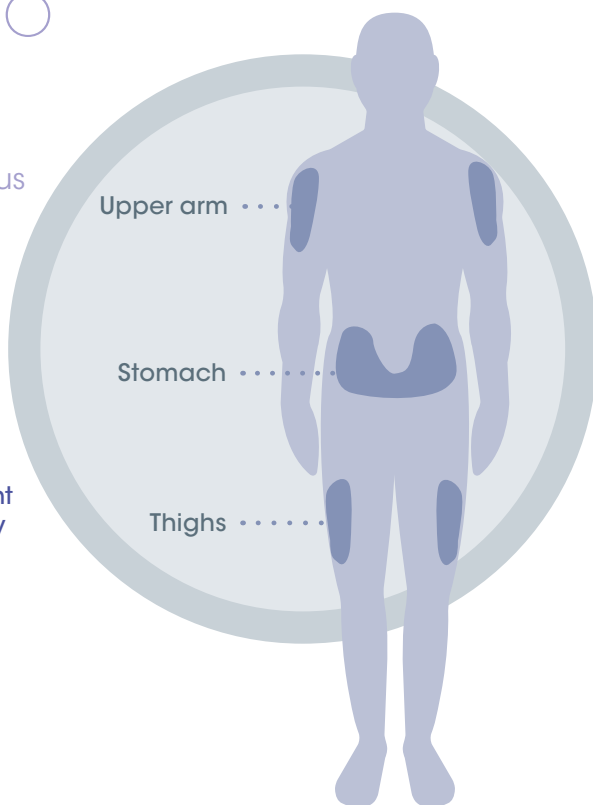
**X** Do not press at an angle as your thumb could stop the dose selector from turning

If you find it hard to press the 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

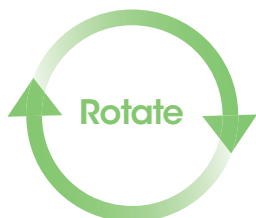
# Where to inject

You can inject Lantus SoloStar into one of three areas on your body.

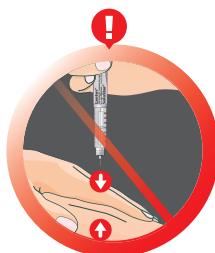


**!** If you have eyesight problems, you may need someone to help you.

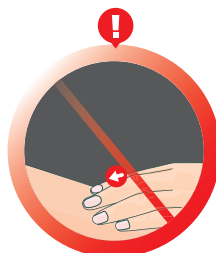
## Injecting tips



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 and dispose of the needle

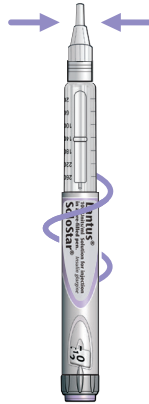
! Please take care when handling needles.



**a**

Grip and keep the needle straight. Guide the outer needle cap onto the pen. Push on firmly

! The needle can puncture the cap if it is recapped at an angle



**b**

Grip and squeeze the outer needle cap. Turn your pen several times with your other hand to remove the needle

! Try again if the needle does not come off



**c**

Throw away the used needle in a puncture resistant container



**d**

Put the pen cap back on

✗ Never put the inner needle cap back on

✗ Do not put the pen back in the fridge

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

# Storing your Lantus SoloStar pen

Make sure you read and understand the information below before using your Lantus SoloStar.

## 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** A new needle will make the injection more comfortable and also prevent any problems that can occur when old needles get damaged or blocked
- 7** **Never store your pen with the needle attached**



# Caring for your Lantus SoloStar pen



## How to look after your pen

- You can clean the Lantus SoloStar 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 Lantus SoloStar 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 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 Lantus SoloStar 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.

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 Lantus and Lantus SoloStar

## **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 still no insulin comes out, your Lantus SoloStar may be damaged, so do not use the 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 Lantus SoloStar may be damaged, so do not use the pen.

## **What do I do if I accidentally inject myself before my Lantus 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 Lantus?**

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 Lantus. 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:

If you are in any doubt about any of these FAQs, please speak to your doctor or nurse, or 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 Lantus SoloStar 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 Lantus 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. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

Side effects should also be reported to Sanofi. Tel **0800 090 2314** or email to [UK-drugsafety@sanofi.com](mailto:UK-drugsafety@sanofi.com)

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

Freephone Sanofi Care Line: **08000 35 25 25**

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Date of preparation: May 2023 | MAT-GB-2004624(v2.0)