



**Your guide  
to LANTUS<sup>®</sup>**

insulin glargine 100 units/mL

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

**sanofi**

# Contents

**What is Lantus?**

3

**How do I use my insulin?**

4

**Using Lantus**

5

**Possible side effects and  
how to manage them**

8

**Other medications and Lantus**

10

**Some contacts you might find useful**

11

**My contacts**

12

**Notes**

13

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.

# What is Lantus?

You have been prescribed Lantus. Lantus is a medicine which will help you control the level of sugar in your blood throughout the day and night.

Lantus is the brand name for a type of insulin called insulin glargine 100 units/mL, which is used to control blood sugar levels in people with diabetes. It may take a few days for your body to adjust to using Lantus, so your doctor or nurse will help you find the right dose for you.

## **How does Lantus work and how can it help me?**

Lantus is a treatment for people with either Type 1 or Type 2 diabetes. It is a long-acting basal (background) insulin, which means it aims to keep blood sugars at consistent levels between meals when you are not eating. In other words, it works in the background.



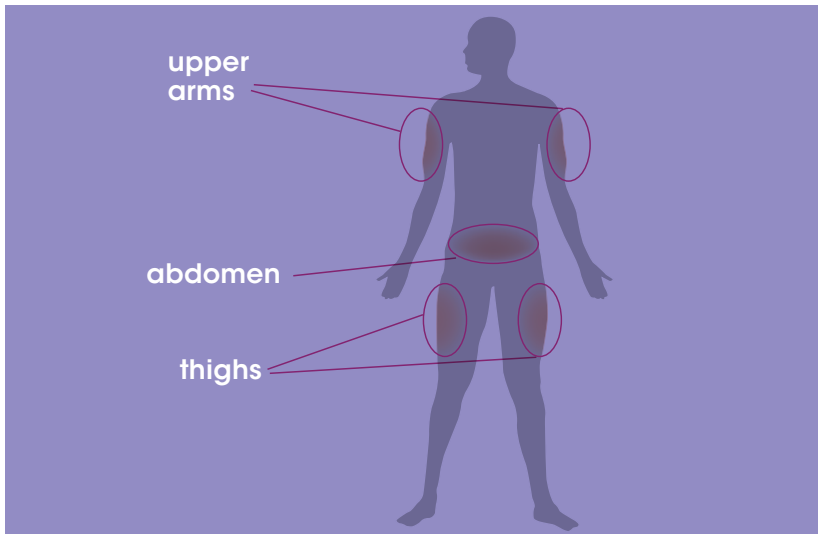


# How do I use my insulin?

Lantus is a clear solution which should be injected once a day. Once you have chosen the best time of day for you to inject, stick to the same time each day.

Your diabetes nurse or doctor will show you how and where to inject Lantus.

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



It's important to change your injection site regularly to allow your skin time to recover. Take care to inject into the fat layer just below the skin, not into muscle or a blood vessel, and don't rub the site afterwards as this may cause bruising. After each injection, dispose of the needle by using a sharps disposal bin.

Use a new needle with every injection. This will make the injection more comfortable and also prevent any problems that can occur when old needles get damaged or blocked.



# Using Lantus

Lantus is available in vials, pre-filled disposable pens and cartridges for use with a reusable pen. Your diabetes nurse or doctor should talk to you about which of these options is suitable 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 Lantus, 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 Lantus SoloStar or cartridge device can be used with a range of small, 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.

## Vials

Before it is opened for the first time, Lantus should be stored in the fridge at between 2°C and 8°C and kept in its outer packaging. Don't let it freeze and only use it if the solution appears clear with no visible particles.

After opening, your insulin should be kept at a temperature of less than 30°C in its outer carton, out of direct light and away from sources of heat such as a radiator.

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



## Cartridges

Cartridges of Lantus can be used with an AllStar<sup>®</sup>PRO or Autopen<sup>®</sup> 24\* reusable pen. Before using them, Lantus 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 the cartridge into your insulin pen, leave it at room temperature for 1-2 hours to warm up a little. This helps to make sure that an accurate dose is delivered. Check to make sure that the cartridge is intact and that the solution appears clear with no visible particles.

When in use, don't put your pen containing a cartridge back in the fridge or leave it anywhere above 30°C. Keep it out of direct light and away from sources of heat. Once opened, Lantus can only be used for 28 days. So, write the use-by date on the label to help you remember and discard the cartridge after four weeks.

AllStar<sup>®</sup>PRO pens can be obtained from your diabetes clinic.



## Pre-filled pens

Before using them for the first time, Lantus SoloSTAR® pre-filled pens should be stored in the fridge at between 2°C and 8°C and kept in their outer packaging.

Don't freeze the pens and only use them if the solution inside is clear with no visible particles.

When you're nearly ready to start using a new pen, take it out of the fridge and allow it to warm up a little by keeping it at room temperature for 1-2 hours. This helps to make sure that an accurate dose is delivered.

When in use, don't put the Lantus SoloSTAR pen back in the fridge and don't leave it in a place that is warmer than 30°C. It should be kept out of direct light and away from sources of heat.

Do not store Lantus SoloStar with the needle attached and always replace the pen cap after each use.

You can use your Lantus SoloStar for 28 days after first use. After this time, you must throw it away, even if there is some insulin 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.





# Possible side effects and how to manage them

Like all medicines, Lantus may cause some side effects. It is important to be aware of them. For a list of the full 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 Lantus there is always a chance that you might get hypoglycaemia (a "hypo"). Hypoglycaemia 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 ways to get your blood glucose levels back to the correct level (see next page for more information).

### **Rotating injection sites information:**

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.

### **Skin and allergic reactions at the injection site**

Patients may experience reactions at, and around, the injection site (such as reddening, pain on injection, itching, hives, swelling or inflammation). Most minor reactions to Lantus usually resolve



themselves in a few days. Occasionally they may take longer.

### Allergic reactions

Allergic reactions are rare with Lantus, but it's important to know about them, just in case you do experience this. If you feel any skin reactions on your body (e.g. rash and itching), or swelling of the face, tongue or throat, contact your doctor or nurse immediately.

### 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.

### 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 medications and Lantus

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.

You may also need to inject a short-acting insulin at mealtimes. If so, it is very important that you do not mix your insulin solutions together.

As Lantus and short-acting insulins are both clear in colour and may look a bit similar, it is essential to make sure that you're using the correct insulin at each injection.





## Some contacts you might find useful

### **Diabetes UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk)  
Tel: 0345 123 2399

### **Driving with diabetes**

DVLA  
[www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving)  
Tel: 0300 790 6806

### **Healthy living**

NHS support in giving up smoking  
[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)  
Tel: 0300 123 1044



# 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: \_\_\_\_\_









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

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

Sanofi Medical Information Line Freephone **08000 35 25 25**

410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT, UK