

A Guide to Discussing LANTUS® Insulin with Your Treating Healthcare Professional.

To help control your blood sugar, you should have regular, open discussions, with your treating healthcare professional about LANTUS® and other prescription medications, as well as your diet and exercise. Use this convenient guide to prepare for your next appointment with your treating healthcare professional. Remember to jot down your own questions, bring a record of your recent blood sugar readings to share with your treating healthcare professional, and take notes during your visit.

1. My current LANTUS® dose is _____ units per day. Should this dose be changed?
2. I understand many treating healthcare professionals design a dose adjustment schedule for their patients; can you do this for me?
3. Once my blood sugar is under control, will my LANTUS® dose ever need to be adjusted again?
4. What is my A1C level? _____
5. How often should I take an A1C test?
6. I understand that LANTUS® is not a stand-alone therapy. It works along with diet, exercise, and other diabetes medicines. I've listed (below) all my current medications for us to review.

7. Should we review my current diet and exercise program?
8. What are my goals for my next appointment?
Blood sugar level _____ A1C level _____ Other treatment goals _____

Important Safety Information

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus®.

You must test your blood sugar levels while using insulin, such as Lantus®. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision. Severe hypoglycemia may be serious and life threatening. It may cause harm to your heart or brain. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus®, tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Please click here or visit: <http://products.sanofi-aventis.us/lantus/lantus.html> for Full Prescribing Information

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