

Your Doctor Q&A Guide

When you are considering Lantus®



What is A1C and what should my A1C goal be?

- ▶ A1C measures your average blood sugar control for the past 2 to 3 months
- ▶ The American Diabetes Association (ADA) recommends an A1C of < 7% for most people with diabetes. Check with your doctor about the right A1C goal for you.

Have I done everything (healthy eating, exercise, taking oral diabetes medications) that I can to reach my blood sugar goals?

- ▶ Eating well-balanced meals and exercise are part of a healthy lifestyle for everyone, and it's especially important for people with diabetes.
- ▶ Type 2 diabetes gets harder to manage over time—and sometimes your doctor may feel that insulin needs to be added to your treatment.

What is Lantus® (insulin glargine injection) 100 Units/mL?

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and pediatric patients (children 6 years and older) with type 1 diabetes for the control of high blood sugar.

- Do not use Lantus® to treat diabetic ketoacidosis.

Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL

Do not take Lantus® during episodes of low blood sugar or if you are allergic to insulin or any of the inactive ingredients in Lantus®.

Do not share needles, insulin pens, or syringes with others. Do NOT reuse needles.

Before starting Lantus®, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant or if you are breast-feeding or planning to breast-feed.

Please see additional Important Safety Information for Lantus® on next page and [click here](#) or visit <http://products.sanofi.us/lantus/Lantus.html> for full Prescribing Information.

Could adding insulin be an effective tool to help control blood sugar levels?

- ▶ Your doctor will decide if adding insulin to an overall diabetes treatment plan can help to control your blood sugar level.
 - ▶ When your A1C is at your goal, you have good blood sugar control.
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Why isn't it always enough to take only oral diabetes medications?

- ▶ Blood sugar levels may rise over time. Your doctor may decide to add an additional medicine to lower your blood sugar, which may include insulin.
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Would adding insulin to my diabetes treatment plan be right for me?

- ▶ Ask your doctor if adding once-daily 24-hour Lantus® (insulin glargine injection) 100 Units/mL, as part of your diabetes treatment plan, might help.
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Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL

Heart failure can occur if you are taking insulin together with certain medicines called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you already have heart failure, it may get worse while you take TZDs with Lantus®. Your treatment with TZDs and Lantus® may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms of heart failure, including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Tell your doctor about all the medications you take, including OTC medicines, vitamins, and supplements, including herbal supplements.

Lantus® should be taken once a day at the same time every day. 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. Always make sure you have the correct insulin before each injection.

Please see additional Important Safety Information for Lantus® on next page and [click here](http://products.sanofi.us/lantus/Lantus.html) or visit <http://products.sanofi.us/lantus/Lantus.html> for full Prescribing Information.

What insulin types might be right for me?

- ▶ There are two main types of insulin: long-acting insulin and mealtime insulin. Long-acting insulin controls your blood sugar even when no food is being digested. Mealtime insulin helps control blood sugar levels associated with meals. Lantus® (insulin glargine injection) 100 Units/mL is along-acting insulin.
 - ▶ You and your doctor can decide if an insulin, or combination of insulins, may work best for you based on your individual needs.
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If I'm feeling okay, why change my diabetes treatment plan?

- ▶ Some people with type 2 diabetes often don't feel symptoms even when their blood sugar levels are out of control.
 - ▶ If your blood sugar levels are not in control with your current treatment plan, your doctor may recommend adding an additional medicine to help lower your blood sugar, which may include insulin.
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Important Safety Information for Lantus® (insulin glargine injection) 100 Units/mL

While using Lantus®, do not drive or operate heavy machinery until you know how Lantus® affects you. You should not drink alcohol or use other medicines that contain alcohol.

The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious and life threatening. It may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision.

Lantus® may cause serious side effects that can lead to death, such as severe allergic reactions. Get medical help right away if you have:

- A rash over your whole body
- Trouble breathing
- A fast heartbeat
- Sweating
- Swelling of your face, tongue, or throat
- Shortness of breath
- Extreme drowsiness, dizziness, or confusion

Other possible side effects may include swelling, weight gain, low potassium levels, injection site reactions, including changes in fat tissue at the injection site, and allergic reactions.

Lantus® SoloSTAR® is a disposable prefilled insulin pen. Please talk to your healthcare provider about proper injection technique and follow instructions in the Instruction Leaflet that accompanies the pen.

Please [click here](http://products.sanofi.us/lantus/Lantus.html) or visit <http://products.sanofi.us/lantus/Lantus.html> for full Prescribing Information for Lantus®.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.