

## **TRANSCRIPT for Lantus® SoloSTAR® pen injection for your patients**

**SUPER: 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.**

**Laura:** Hi, my name is Laura. I'd like to take a few minutes to tell you what you need to know about starting Lantus® (insulin glargine injection) 100 Units/mL using the SoloSTAR® pen. You've taken an important step by adding Lantus® to your diabetes treatment plan. One dose of Lantus® at the same time each day works all day and all night. 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.

**SUPER: Important Safety Information. Do not take Lantus®:**

- **during episodes of low blood sugar**
- **if you are allergic to insulin or any of the inactive ingredients in Lantus®.**

**Important Safety Information.** 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®.

**SUPER: The Lantus® SoloSTAR® pen delivers the dose you dial time after time.**

**Laura:** The Lantus® SoloSTAR® pen delivers the dose you dial time after time. Today, I'll be demonstrating the correct way to use the Lantus® SoloSTAR® pen.

**SUPER: The Lantus® SoloSTAR® pen features:**

- **small, thin needles**
- **a large print dosing window**
- **dial-in dose**
- **push-button injection.**

**Laura:** The Lantus® SoloSTAR® pen can fit into your daily routine. It features small, thin needles, a large print dosing window, dial-in dose, and push-button injection.

**SUPER: Do NOT:**

- **share needles, insulin pens, or syringes with others**
- **reuse needles**

**Laura:** Do not share needles, insulin pens, or syringes with others. Do not reuse needles.

To demonstrate how to correctly use the Lantus® SoloSTAR® pen, I'll be taking you through these 6 steps:

- Checking the insulin
- Attaching the needle
- Performing a safety test
- Selecting the dose
- Injecting the dose ®

- Removing and discarding the needle

**Super: WHAT WE'LL COVER:**

**Step One: Inject the insulin**

**Step Two: Attach the Needle**

**Step Three: Perform a Safety Test**

**Step Four: Select the Dose**

**Step Five: Inject the Dose**

**Step Six: Remove and Discard Needle**

**It is important that you go over these instructions carefully before you using your SoloStar® pen.**

**Step one: check the insulin.**

**SUPER: An unopened SoloSTAR® Pen should be refrigerated until first use. Do not store an opened SoloSTAR® pen in a refrigerator.**

**Laura:** If your SoloSTAR® pen is in cool storage, take it out 1 to 2 hours before you inject to allow it to warm up. Cold insulin may be painful to inject.

**SUPER: Check the label on your SoloSTAR® pen.**

**Laura:** First, check the label on your SoloSTAR® pen to make sure you have the correct pen and insulin. The Lantus® SoloSTAR® pen is gray with a purple injection button.

Check the expiration date on the label of your pen. Do not use a SoloSTAR® pen after the expiration date.

**SUPER: Do not use the pen if the insulin is cloudy, colored, or has particles.**

**Laura:** Take off the pen cap. Check the appearance of the insulin. Lantus® is a clear insulin. Do not use the pen if the insulin is cloudy, colored, or has particles.

**Step two: attach the needle.**

**Laura:** Do not reuse needles. Always use a new sterile needle for each injection. This helps prevent contamination and potential needle blocks.

**SUPER: Wipe the rubber seal.**

**Laura:** Wipe the rubber seal with alcohol.

**SUPER: Remove the protective seal.**

**Laura:** Remove the protective seal from a new needle.

**SUPER: Keep the needle straight as you attach it.**

**Laura:** Line up the needle with the pen, and keep it straight as you attach it. Depending on the needle type, it may be pushed on or screwed on. If the needle is not kept straight while you attach it, it can damage the rubber seal and cause leakage, or break the needle.

**Step three: perform a safety test.**

**SUPER: Do NOT use a syringe to remove Lantus® from your SoloSTAR® pen.**

**Laura:** Always perform the safety test before each injection.

Performing the safety test ensures you get an accurate dose. It ensures that the pen and needle work properly, and it also removes air bubbles in the insulin.

**SUPER: Select a dose of 2 units**

**Laura:** Select a dose of 2 units by turning the dosage selector.

**SUPER: Take off the outer needle cap.**

**Laura:** Take off the outer needle cap and keep it to remove the used needle after injection.

Take off the inner needle cap and discard it.

Hold the pen with the needle pointing upwards. Then tap the insulin reservoir so that any air bubbles rise up towards the needle.

**SUPER: Check if insulin comes out of the needle tip.**

**Laura:** Press the button all the way in. Check if insulin comes out of the needle tip. You may have to perform the safety test several times before insulin is seen. If no insulin comes out, check for air bubbles and repeat the safety test two more times to remove them.

**SUPER: If insulin still does not come out, the needle may be blocked. Change the needle and try again. If no insulin comes out after changing the needle, your SoloSTAR® pen may be damaged. Do not use it. Do NOT use a syringe to remove Lantus® from your SoloSTAR® pen.**

**Laura:** If insulin still does not come out, the needle may be blocked. Change the needle and try again. If no insulin comes out after changing the needle, your SoloSTAR® pen may be damaged. Do not use it.

**Step four: select the dose.**

**Laura:** You can set the dose in steps of 1 unit, from a minimum of 1 unit to a maximum of 80 units. If you need a dose greater than 80 units, you should give it as two or more doses.

Check that the dose window shows “0” following the safety test.

**SUPER: Select your required dose. Ask for help if you have problems handling the pen, for example, if you have problems with your eyesight.**

**Laura:** Select your required dose. If you turn past your dose, you can turn the dial back down. Do not push the injection button while turning, as insulin will come out.

You cannot turn the dosage selector past the number of units left in the pen. Do not force the dosage selector to turn. If what remains is less than you need, either you can inject what is remaining in the pen and complete your dose with a new SoloSTAR® pen, or you can use a new SoloSTAR® pen for your full dose.

**Step five: inject the dose.**

**Laura:** Use the injection method as instructed by your healthcare professional.

**SUPER: The injection site should be changed each time you inject within the area you selected. DO NOT use the exact spot for each injection.**

**Laura:** You can inject Lantus® in three areas of your body

Anywhere in your stomach area, except for a two-inch radius around your navel.

In the fatty tissue on the outer back area of your upper arm.

Or in your thighs. Remember, the injection site should be changed each time you inject.

Clean the injection site with an alcohol swab. Then insert the needle into the skin.

**SUPER: Deliver the dose by pressing the injection button in all the way.**

**Laura:** Deliver the dose by pressing the injection button in all the way. The number in the dose window will return to “0” as you inject.

**SUPER: Keep the button pressed, and slowly count to 10.**

**Laura:** Keep the button pressed all the way in. Slowly count to 10 before you withdraw the needle from the skin. This ensures that the full dose will be delivered.

**Step six: remove and discard the needle.**

**Laura:** Always remove the needle after each dose and store your SoloSTAR® pen without a needle attached. This helps prevent contamination and/or infection, as well as entry of air into the insulin reservoir and leakage of insulin, which can cause inaccurate dosing.

**SUPER: Put the outer needle cap back on the needle, and use it to unscrew the needle from the pen.**

**Laura:** Put the outer needle cap back on the needle, and use it to unscrew the needle from the pen. To reduce the risk of accidental needle injury, never replace the inner needle cap. If your injection is given by another person, special caution should be taken by this person when removing and disposing of the needle. Be sure to follow recommended safety measures for removal and disposal of needles in order to reduce the risk of accidental needle injury and transmission of infectious diseases.

Now I’m going to show you how to safely dispose of the needle.

**SUPER: Used needles should be placed in Sharps containers.**

**Laura:** Used needles should be placed in sharps containers (such as red biohazard containers), hard plastic containers (such as detergent bottles), or metal containers (such as an empty coffee can). Such containers should be sealed and disposed of properly. If you are giving an injection to a third person, you should remove the needle in an approved manner to avoid needle-stick injuries.

**SUPER: Always put the pen cap back on the pen before storing the pen.**

**Laura:** Always put the pen cap back on the pen before storing the pen until your next injection.

**Storing your pen.**

**Laura:** Please review the leaflet that came with your Lantus® prescription for complete instructions on how to use and store the Lantus® SoloSTAR® pen. If your SoloSTAR® pen is in cool storage, take it out 1 to 2 hours before you use it to allow it to warm up. Cold insulin may be painful to inject. Keep the SoloSTAR® pen out of the reach and sight of children.

Keep your unopened SoloSTAR® pen in cool storage until first use. Cool storage is between 36 and 46 degrees Fahrenheit, or 2 and 8 degrees Celsius. Do not allow it to freeze. Do not put it next to the freezer compartment of your refrigerator, or next to a freezer pack.

Once you take your SoloSTAR® pen out of cool storage, for use or as a spare, you can use it for up to 28 days. During this time it can be safely kept at room temperature, up to 86 degrees Fahrenheit or 30 degrees Celsius. Do not use it after this time.

Do not use a SoloSTAR® pen after the expiration date printed on the label of the pen or the label on the carton. Protect your SoloSTAR® pen from light. Discard your used SoloSTAR® pen as required by your local authorities.

**Caring for your SoloSTAR® pen.**

**Laura:** Protect your SoloSTAR® pen from dust and dirt. You can clean the outside of your SoloSTAR® pen by wiping it with a damp cloth. Do not soak, wash, or lubricate the pen as this may damage it. Your SoloSTAR® pen is designed to work accurately and safely. It should be handled with care. Avoid situations where the SoloSTAR® pen might be damaged. If you are concerned that your SoloSTAR® pen may be damaged, use a new one. If you have any further questions about the Lantus® SoloSTAR® pen or managing your diabetes, be sure to speak to your doctor, nurse, or pharmacist.

Thanks for joining me on this walk through how to use the Lantus® SoloSTAR® pen. I hope that you found these instructions helpful. Now, I will present the full Important Safety Information for Lantus®.

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

**Laura:** 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 breastfeeding or planning to breast-feed.

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 over-the-counter 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.

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 see full Prescribing Information at the link on this website.

**SAUS.GLA.17.09.7575a**