



# How to use your Lantus® SoloStar® pen

## A step-by-step guide to using your Lantus SoloStar pen

This quick how-to guide—a short version of the instruction leaflet included in your Lantus SoloStar pen box—has been designed to help you more easily learn how to inject the right amount of insulin every time. That way, you may avoid getting too little or too much insulin, which can affect your blood sugar levels.



If there's anything you don't understand, or if you have any questions, ask your healthcare provider. You can also go online at [Lantus.com](http://Lantus.com) or call the support line at 1-800-633-1610.

If you are using Lantus SoloStar for the first time, it is important that you read the full instruction leaflet and follow all of the steps to help ensure you receive an accurate dose each time.

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

People who are blind or have vision problems should not use the Lantus SoloStar prefilled pen without help from a person trained in its use.

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

Prescription LANTUS is a long-acting man-made-insulin used to control high blood sugar in adults and children with diabetes mellitus.

- LANTUS is not for use 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.**

Please [click here](#) for full Important Safety Information for Lantus.

Please [click here](#) for full Prescribing Information for Lantus or scan QR code.



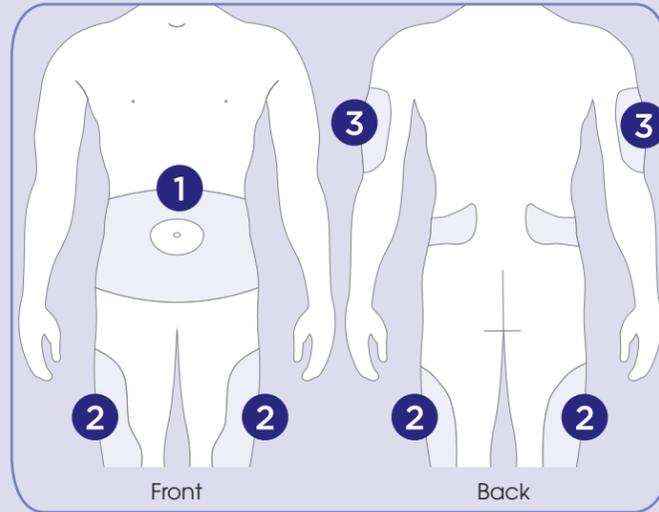
For single patient use only

## CHOOSE AN INJECTION SITE

The three possible injection sites are:

1 your abdomen, 2 your thighs, and 3 your upper arms. These areas have more fat and fewer nerve endings. You may feel less discomfort in these areas.

- Rotate your injection sites with each dose to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites.
- **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred, or damaged.



View a step-by-step video on how to inject at [Lantus.com](http://Lantus.com).

## INJECTION AREAS TO AVOID

When injecting in these three areas, avoid:

- The two-inch circle around the navel.
- Injecting too close to the bony area above the knee.
- The forearm. Only use the outer back area of the upper arm where there is fatty tissue.

- Always rotate your injection sites as instructed by your doctor.
- Never force the needle. This can hurt and may damage it. Too much force can also affect how much insulin you get.
- Never inject into the muscle.
- Never rub the injection spot after an injection.

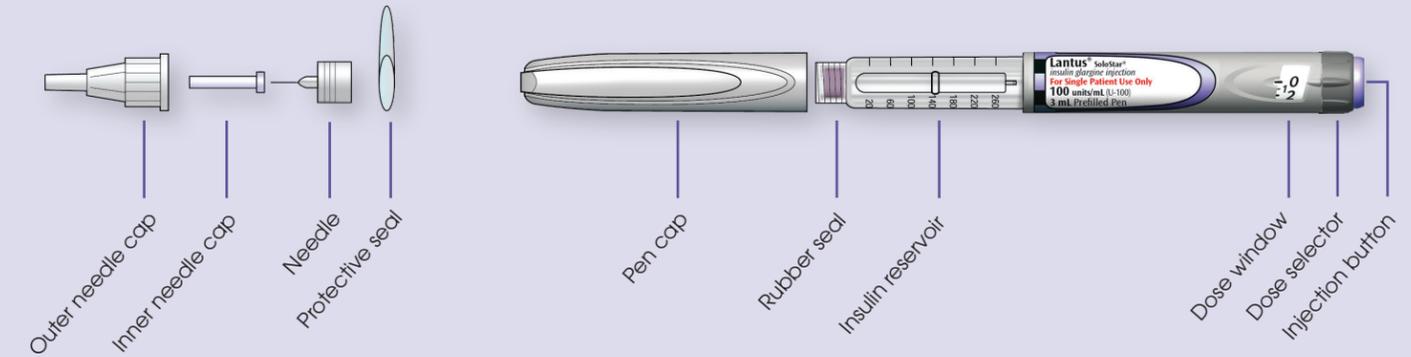
## Important Safety Information for Lantus (insulin glargine injection) 100 Units/mL

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.

**Change (rotate) your injection sites within the area you chose with each dose** to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred or damaged.

## GET TO KNOW YOUR PEN AND ITS PARTS

The Lantus SoloStar pen was designed with a simple-to-push injection button and a large dosing window.



## HOW TO DISPOSE OF NEEDLES

- Place used needles in sharps containers, which you can buy at your local drugstore.
- If a sharps container isn't available, use a strong plastic bottle that cannot be punctured, such as a bleach or laundry detergent bottle. Make sure the cap is on tight. When you're ready to dispose of the bottle, put tape over the cap and write "SHARPS" on the bottle.
- Take your sharps container to appropriate collection sites, which may include doctors' offices, hospitals, pharmacies, health departments, fire stations, or other locations. Visit the Centers for Disease Control's Safe Community Needle Disposal website.
- Don't flush used sharps down the toilet or drop them into a sewer drain.
- Don't put used sharps in soda cans, milk cartons, glass bottles, coffee cans, or containers that can be broken or punctured.

Always discard the pen with the pen cap on. You can discard the pen in regular trash.

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
- Swelling of your ankles or feet
- Sudden weight gain

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**LANTUS**  
insulin glargine injection 100 Units/mL



## HOW TO STORE YOUR UNOPENED LANTUS SOLOSTAR PEN

Before opening, store Lantus in the refrigerator (36°F to 46°F). Keep pens in the original outer package. Lantus can be refrigerated until the expiration date. Once the expiration date has passed, Lantus should be thrown away.

Before you inject Lantus, remove it from the refrigerator for an hour or two—cold insulin can be more painful to inject.

Do not allow Lantus to freeze. Do not put Lantus in a freezer or next to a freezer pack. If you see frost or ice crystals in your Lantus solution, throw it away.

Keep Lantus away from direct heat and light.

- Always store UNOPENED Lantus SoloStar pens in the refrigerator.
- Always wash your hands with soap and water before an injection.
- Always check the expiration date of the pen.
- Never inject cold insulin. Wait until pen warms up to room temperature.
- Always use a new needle.
- Never refrigerate the pen after opening it.
- Never play with the dial before using the pen to help prevent jamming.



## HOW TO STORE YOUR OPENED LANTUS SOLOSTAR PEN

After its first use, don't refrigerate the Lantus SoloStar pen. Keep it at room temperature only (below 86°F).

After 28 days, throw your opened Lantus pen away—even if it still has insulin in it.

Keep Lantus away from direct heat and light.

Don't leave Lantus in a hot car, in direct sun, or in a freezing car. If Lantus gets too hot or freezes, it will have to be thrown away.

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

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.

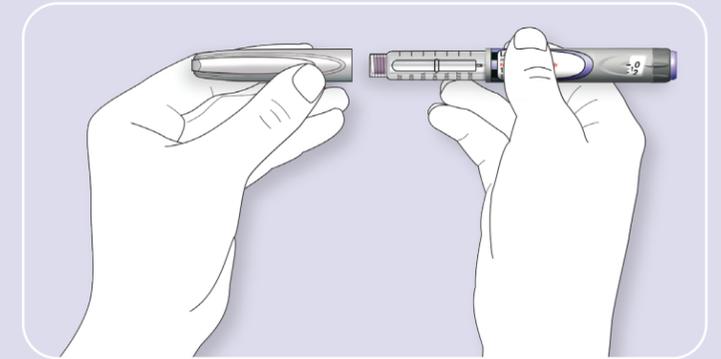


## HOW TO USE YOUR LANTUS SOLOSTAR PEN IN 6 STEPS

These instructions are supplied as a guide only. Read the full instruction leaflet before you use Lantus SoloStar for the first time. To help ensure an accurate dose each time, follow all steps in the instruction leaflet.

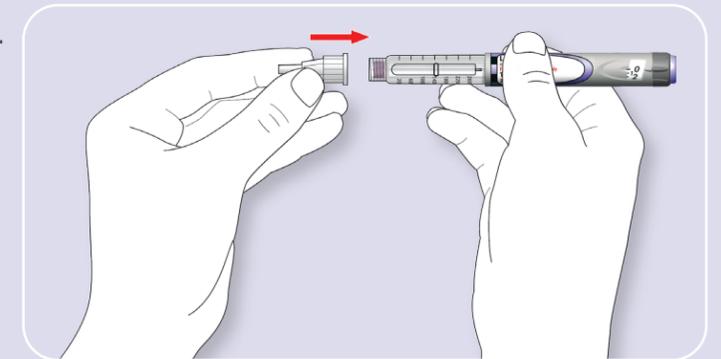
### STEP 1. GET READY

- Remove the pen cap with clean hands.
- Check the reservoir to make sure the insulin is clear and colorless and has no particles—if not, use another pen.



### STEP 2. ATTACH THE NEEDLE

- Wipe the pen tip (rubber seal) with an alcohol swab.
- Remove the protective seal from the new needle, line the needle up straight with the pen, and screw the needle on.
- Do not make the needle too tight. If you have a push-on needle, keep it straight as you push it on.
- After you have attached the needle, take off the outer needle cap and save it (you will need it to remove the needle after your injection).
- Remove the inner needle cap and throw it away.



- **Insulin pens, needles, or syringes must never be shared between patients. Do NOT reuse needles.**

**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.

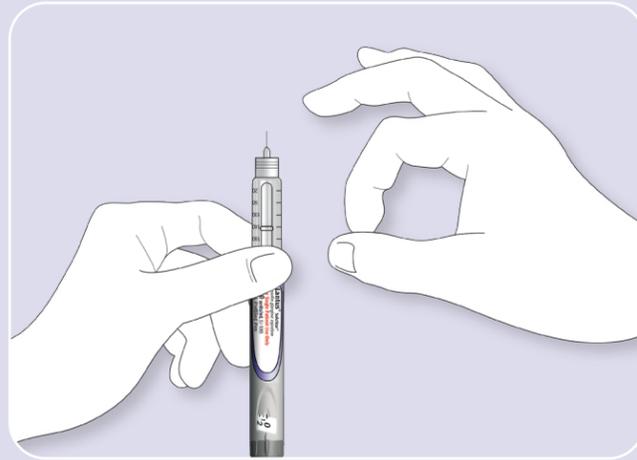
Please [click here](#) for full Important Safety Information for Lantus.

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### STEP 3. PERFORM A SAFETY TEST

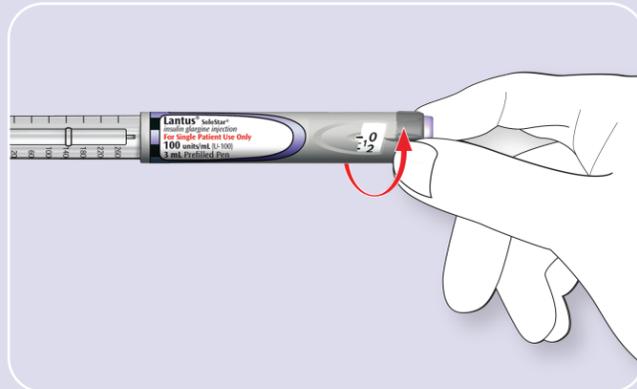
- Dial a test dose of 2 Units.
- Hold pen with the needle pointing up and lightly tap the insulin reservoir so the air bubbles rise to the top of the needle. This will help you get the most accurate dose.
- Press the injection button all the way in and check to see that insulin comes out of the needle. The dial will automatically go back to zero after you perform the test.
- If no insulin comes out, repeat the test 2 more times. If there is still no insulin coming out, use a new needle and do the safety test again.



- ! Always perform the safety test before each injection.
- ! Never use the pen if no insulin comes out after using a second needle.

### STEP 4. SELECT THE DOSE

- Make sure the window shows "0" and then select the dose. Otherwise you will inject more insulin than you need and that can affect your blood sugar level.
- Dial back up or down if you dialed the wrong amount.
- Check if you have enough insulin in the reservoir. If you cannot dial the dose you want, it may be because you don't have enough insulin left.
- You cannot dial more than 80 Units because the pen has a safety stop. If your dose is more than 80 Units, you will need to redial the rest of your dose. If you don't have enough insulin for the rest of your dose, you will need to use a new pen.



- ! Never force the dose selector when dialing your dose.
- ! Never set the dose selector to half units or the pen may jam.

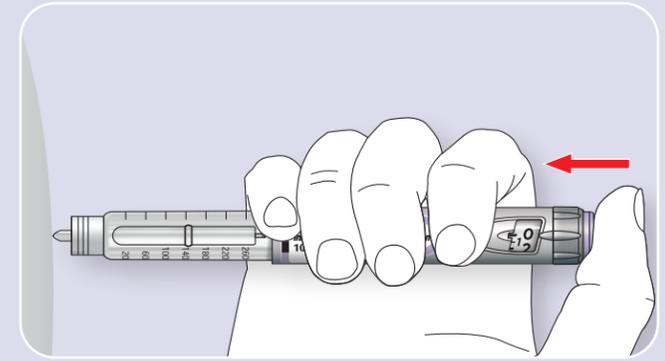
### Important Safety Information for Lantus (insulin glargine injection) 100 Units/mL

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.

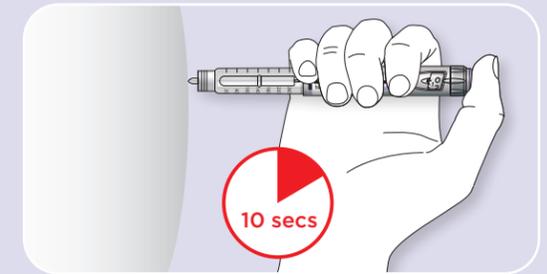
Lantus may cause serious side effects that can lead to death, such as severe allergic reactions. Get medical help right away if you have:

### STEP 5. INJECT YOUR DOSE

- Clean site with an alcohol swab. Please see injection site options on page 2.
- Keep the pen straight, insert the needle into your skin.
- Use your thumb to press the injection button all the way down. When the number in the dose window returns to 0 as you inject, slowly count to 10 before removing. (Counting to 10 will make sure you get your full insulin dose.)
- Release the button and remove the needle from your skin.

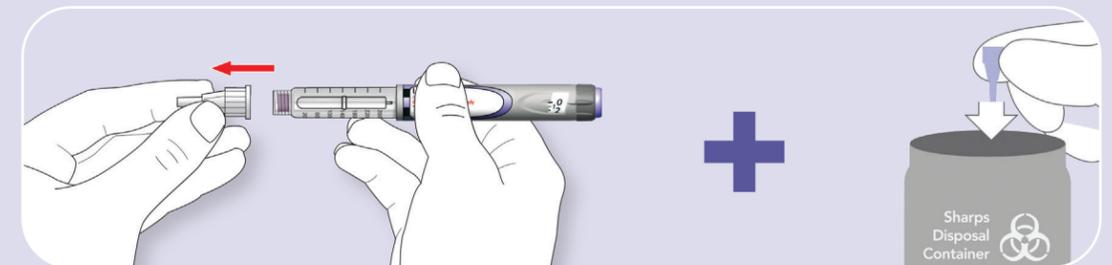


- ! Choose a new injection spot each time.
- ! Take the needle from your skin if you dial another dose.



### STEP 6. REMOVE THE NEEDLE

- **Insulin pens, needles, or syringes must never be shared between patients. Do NOT reuse needles.**
- After injecting, always remove the needle to prevent contamination and leaking.
- Put the outer needle cap back on the needle and unscrew (or pull) the needle from the pen.
- Throw needle away in a sharps container. For more information on disposing needles, please see page 3.
- Put the pen cap back on the pen and store in a safe place at room temperature.



- ! Never share your needle or pen with another person.

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

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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

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### Simply scan and read



1. Open the camera app on your phone



2. Center the code on your screen



3. Tap on the link pop-up

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- 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.

## Important Safety Information for Lantus (insulin glargine injection) SoloStar

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

