



USING LANTUS®?

# LEARN HOW TO INJECT INSULIN

If your doctor told you to take Lantus using a vial and syringe, this guide can help walk you through it, step by step.

## BEFORE YOU GET STARTED

- Wash your hands.
- Make sure the insulin is clear and colorless. Do not use it if it is cloudy or if you see particles; throw it away.
- Do not mix or dilute Lantus with any other insulin or solution. It will not work as intended, and you may lose blood sugar control.
- Do not share needles, insulin pens, or syringes with others.
- Do NOT reuse needles. Always use a new syringe.

## 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

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.

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

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

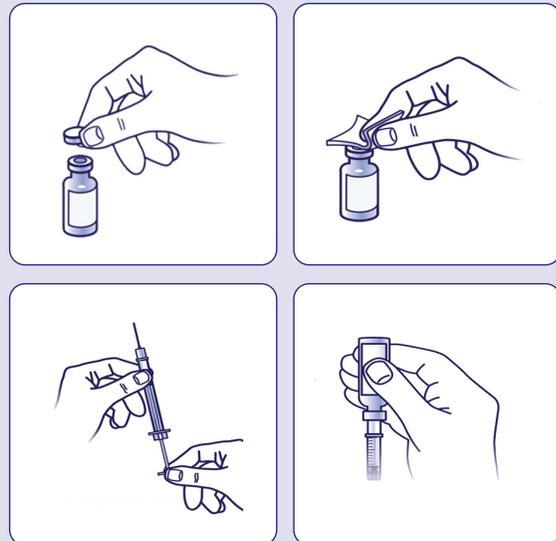


For single patient use only

# YOUR STEP-BY-STEP GUIDE

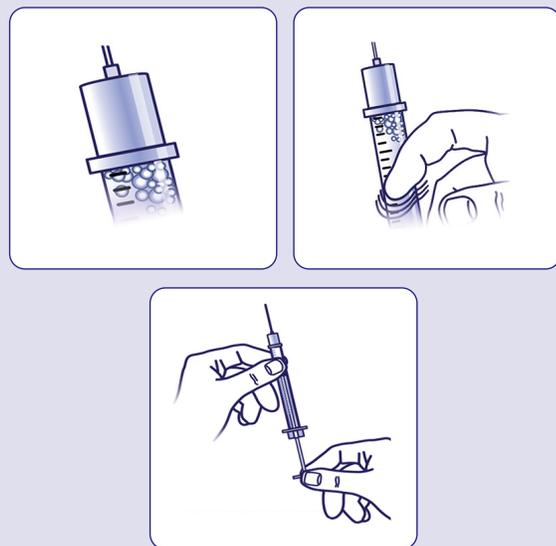
## STEP 1: PREPARE THE DOSE

- **Remove the cap**—If you are using a new vial, remove the protective cap. Do not remove the stopper.
- **Sterilize the top**—Wipe the top of the vial with an alcohol swab.
- **Inject air into the vial**—Draw air into the syringe that is equal to your insulin dose.
- **Draw up the dose**—Leave the syringe in the vial and turn both upside down. Hold the syringe and vial firmly in one hand. Make sure the tip of the needle is in the insulin. With your free hand, pull the plunger to withdraw the correct dose into the syringe.



## STEP 2: REMOVE AIR BUBBLES

- **Check for bubbles**—Before you take the needle out of the vial, check the syringe for air bubbles.
- **Tap to release**—If bubbles are in the medicine, hold the syringe straight up and tap the side of the syringe until the bubbles float to the top.
- **Eject the air**—Push the bubbles out with the plunger and draw insulin back in until you have the correct dose.
- **Remove the needle**—Remove the needle from the vial. Do not let the needle touch anything. You're now ready to inject.



## Important Safety Information (cont'd)

**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.

**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.

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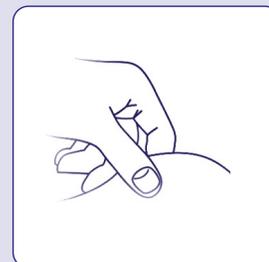
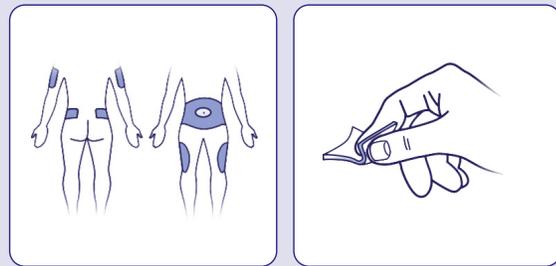
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insulin glargine injection 100 Units/mL

# YOUR STEP-BY-STEP GUIDE

## STEP 3: CHOOSE AN INJECTION AREA

- **Pick your spot**—Decide on injection area: either upper arm, thigh, or abdomen. 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.
- **Clean your skin**—Use rubbing alcohol to clean the skin where you are going to inject. Alcohol can sometimes sting if it's not completely dry when you inject, so wait a few seconds for it to evaporate or pat the area dry with a sterile cotton ball.
- **Pinch a fold of skin**—Pinch the skin and hold it. Insert the needle the way your healthcare professional showed you.



## STEP 4: COMPLETE THE INJECTION

- **Administer insulin**—Slowly push in the plunger of the syringe all the way, making sure you have injected all the insulin. Leave the needle in the skin for 10 seconds.
- **Apply light pressure**—Pull the needle straight out and gently press on the spot where you injected yourself for several seconds. Don't rub the area.
- **Discard materials safely**—Follow your healthcare professional's instructions for throwing away the needle and syringe.



## Important Safety Information (cont'd)

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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# YOUR STEP-BY-STEP GUIDE

## BE SYRINGE SAVVY

For instructions on how to inject Lantus, please talk to your treating healthcare provider and refer to the instruction leaflet that came with your vial.



To make sure you get the right dose of insulin, always use a U-100 insulin syringe. (Your pharmacist can help you make sure you have the right syringe.) If you have trouble seeing the volume lines on a syringe, ask your healthcare team or pharmacist for a magnifying device that can help.

Remember: Do not share needles, insulin pens, or syringes with others. Do NOT reuse needles. Please see full Important Safety Information for Lantus on the next page.

Please visit <http://products.sanofi.us/lantus/lantus.html> for full prescribing information.

## Important Safety Information (cont'd)

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.

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

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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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- 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 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.