

PATIENT INFORMATION

To those who have received  
Insuman Basal





We have written this brochure for those who have diabetes and have been prescribed Insuman Basal by their doctor. The primary goal in all diabetes treatments is to achieve a blood sugar level that is as normal as possible and at the same time to feel healthy.

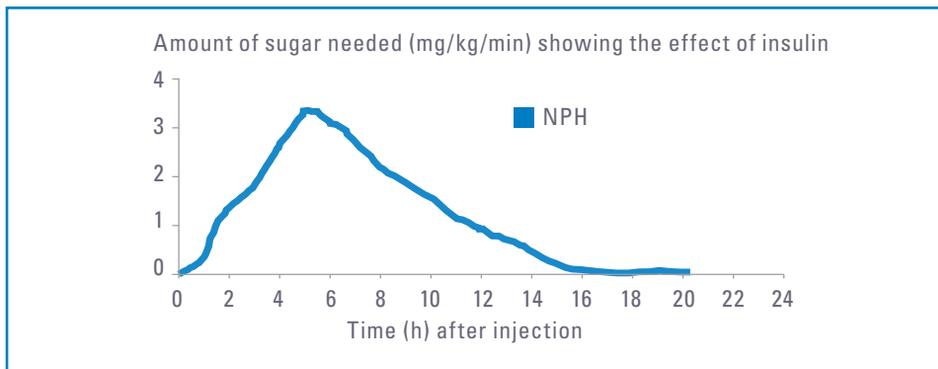
If you have any questions regarding your diabetes treatment, do not hesitate to ask your diabetes nurse or doctor.

# Why do I need a basal insulin?

Insulin is a hormone that helps the body regulate sugar levels in the blood. A basal insulin helps the body to maintain an even level of insulin 24 hours a day.

**Insuman Basal** is an intermediate-acting basal insulin with gradual onset.

Which dose you should take depends on your lifestyle, results from blood glucose tests and any previous use of insulin. If you switch to Insuman Basal from another insulin, your dose may need to be adjusted.



# Potential side effects

## **What side effects can I get from insulin treatment?**

As a result of various different causes, you may have too much insulin in relation to the amount of sugar present in your blood. You will then have a lower blood sugar level than normal (<3.5 mmol/l). This is called insulin sensitivity.

### **Common characteristics:**

- Jitters
- Feelings of hunger
- Sweating
- Palpitations
- Impaired concentration
- Vision disorder
- Irritation/Aggressive behaviour
- Asthenia

### **Causes of insulin sensitivity can be:**

- Delayed meals
- Too little food

- Too much insulin and/or blood sugar lowering tablets
- Physical activity/exercise (greater or longer than estimated)
- Alcohol

To increase blood sugar and remove a sensation you should always eat something. Dextrose, a glass of plain juice or something else sweet increase blood sugar the fastest. Blood sugar 3.0–4.0 mmol/l with clear symptoms is treated with dextrose, 1/2–1 dextrose tablet per 10 kg body weight. Drink water for faster absorption.

If there is still some time before your next meal, you may need an extra snack. The sensation will not be relieved faster if you eat a greater amount of food. An important rule when receiving insulin treatment is to always carry dextrose with you.

# Before injecting Insuman Basal

## Store Insuman Basal properly

Vials or pre-filled SoloSTAR pens must be stored in their packaging in a refrigerator, as they should be stored in a cool and dark place (2°C to 8°C).

Do not freeze Insuman Basal. Therefore, do not store Insuman Basal next to a freezer compartment or ice pack.

Store the pre-filled pen or cartridge in its packaging.

## Before first use

When you are starting a new vial or a new pre-filled SoloSTAR pen, remove it from the refrigerator 1–2 hours in advance.

## Mix Insuman Basal prior to each injection.

The mixture is best prepared by slowly turning the pen back and forth at least 10 times. Each cartridge contains three small metal balls to facilitate quickly and completely mixing the contents.

The insulin must be mixed before each injection. After mixing, the liquid should have a smooth, milky appearance.

Insuman Basal must not be used if, for example, the liquid remains clear or if lumps, particles or flakes are visible in the insulin.



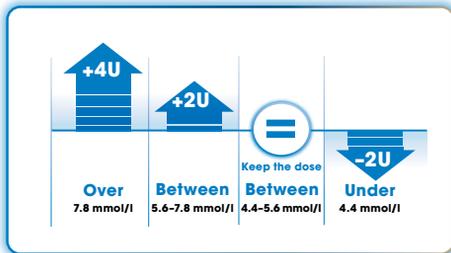
In such cases, a new pen/ampoule must be used. Always use a new needle when injecting Insuman Basal.

When being used or carried around as a spare, Insuman Basal may be stored for a maximum of **4 weeks** at a maximum temperature of **25°C** and must be protected from direct heat (e.g. next to a radiator), direct light (e.g. sunlight or next to a lamp) and the cold. If there is insulin left after 4 weeks of use, you must discard the vial or pre-filled SoloSTAR pen.

# How to take Insuman Basal

Your doctor or nurse will give you information on the dose and where on the body you should inject Insuman Basal.

- Increase/decrease dose depending on your fasting values
- You should measure your fasting value every day
- Do not adjust the dose more than every 3–4 days

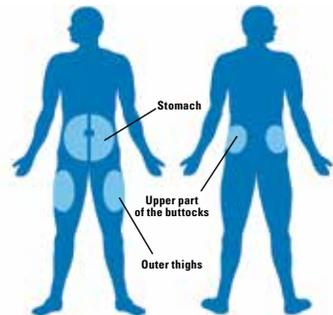


According to new recommendations for the injection of insulin, it is important to vary the injection sites and also within the injection areas with Insuman Basal.

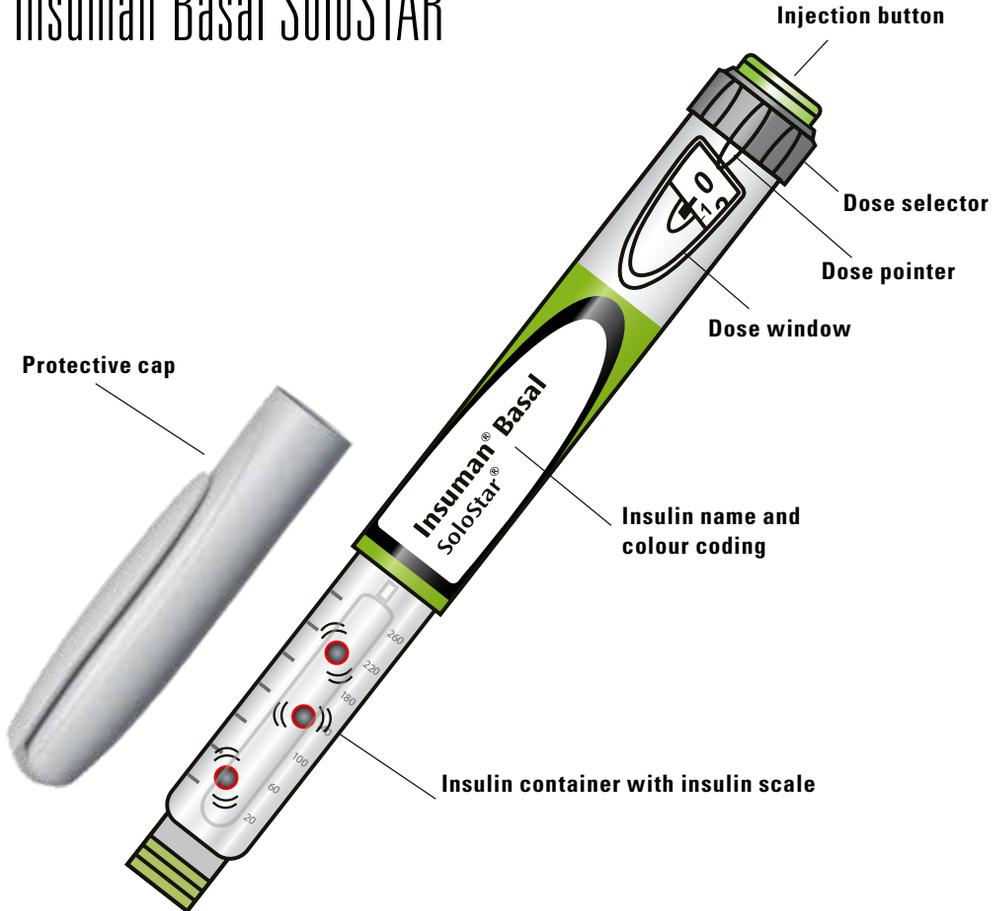
## Check your fasting blood glucose levels

It is important that you know your fasting blood glucose levels. These levels give you the information you need to increase/decrease the dose of Insuman Basal, in conjunction with your doctor or diabetes nurse. Please use your Diabetes Diary to monitor your blood glucose levels and insulin doses.

Choose between the following sites:



# Insuman Basal SoloSTAR

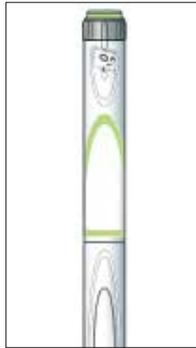


**Setting is done one unit at a time.**

# How to start injecting Insuman Basal

**1** Make sure you have **the correct insulin**.

Insuman Basal SoloSTAR is white with a green injection button.

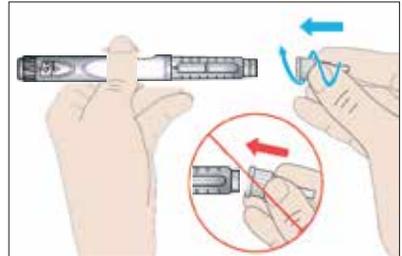


**2** Remove the protective cap. Turn the SoloSTAR pen slowly at least 10 times (upside down) in order to mix the insulin.



**Make sure that the insulin has a uniform milky-white appearance after mixing.**

**3** Attach a new needle. Screw or tap on the needle depending on the needle you are using.



**IMPORTANT!**

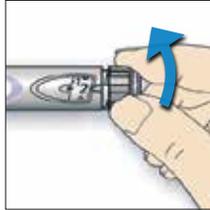
Do not set the dose or push the injection button without the needle attached.

# Perform a safety test prior to each injection

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Set 2 units by turning the dose selector clockwise.

Remove the outer and inner needle covers.



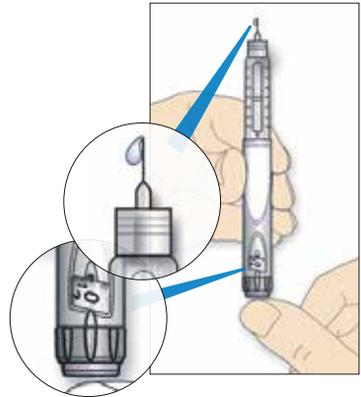
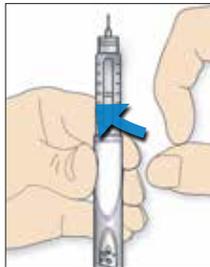
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Push the injection button all the way in. Make sure insulin comes out of the needle tip and that the dose window shows "0".

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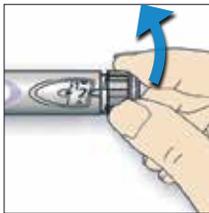
Hold the SoloSTAR pen with the needle upwards.

Remove any air bubbles by tapping your finger against the insulin reservoir.

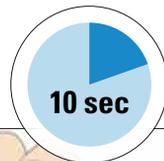


# Set the dose and inject

**7** Set your chosen dose. If you rotate past the unit you are about to inject, simply turn back to the correct unit.



**9** Keep the injection button pressed in the depressed position while counting to 10. Then, pull the needle out.



**8** Lift up a fold of skin and keep it folded throughout the injection.

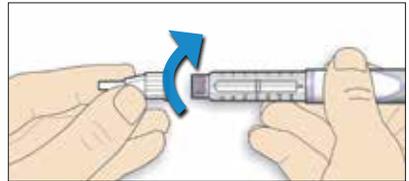
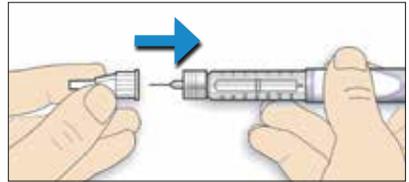
Insert the needle into the skin fold and inject.



# After injecting

**10** Put on the outer cover and unscrew the needle. Discard the cannula that you have been prescribed.

Put your SoloSTAR pen's protective cap back on and store it safely.



**IMPORTANT!**

Always remove the needle after injection and store the SoloSTAR pen without a needle. This helps prevent contamination, air bubbles and insulin leakage.

# Keep in mind

## Store properly

### Before first use

- Store new SoloSTAR pens and cartridges in their packaging in a refrigerator, as they should be stored in a cool and dark place (**2°C to 8°C**).
- **Do not** freeze.

### After first use

- Store the SoloSTAR pen at room temperature, **at a maximum of 25°C**.
- **Always** remove the needle after injecting.
- **Store** the SoloSTAR pen without a needle. This helps prevent contamination, air bubbles and insulin leakage.
- **Protect** the SoloSTAR pen from sunlight and heat.

- **Store** the SoloSTAR pen with the protective cap on.
- **Use** the SoloSTAR pen for a maximum of **four weeks** after the first use.

### Handle the pen with care

- If you think your pen may be damaged, do **not try to** fix it. Use a new SoloSTAR pen.

### Disposal of the pen

- **Remove** the needle before disposing of the SoloSTAR pen.
- **Discard** the SoloSTAR pen in accordance with current procedures.

**If you have any questions** about your SoloSTAR, feel free to call us at 020-52 68 87.

# Insulin pens



**SoloSTAR®** is a pre-filled insulin pen in which the dose is set in increments of 1 unit. The maximum dose is 80 units per injection.



**AllStar®PRO** is a reusable pen loaded with vials. It is available in silver and blue. You set the dose in increments of 1 unit. The maximum dose is 80 units per injection.



**JuniorSTAR®** is a reusable pen, 1–30 units per injection, 0.5-unit intervals. It is available in blue and silver.

**More information** about all our insulin pens can be found at [www.insulin.se](http://www.insulin.se).

**INSUMAN® Basal**  
insulin human (isophan)

**Insuman®Basal** (humaninsulin, isofan), 100 IE/ml injektionsvätska, suspension Receptbelagt läkemedel. **Indikation:** Insuman Basal används för att minska högt blodsocker hos patienter med diabetes mellitus som behöver behandling med insulin. Det har en gradvis insättande effekt och lång verkningsstid. **Varningar och försiktighet:** Var noga med att följa doseringsinstruktionerna och instruktionerna för kontroll (av blod och urin), matvanor, fysiska aktiviteter (fysiskt arbete och träning) och injektionsteknik enligt samtal med din läkare. För ytterligare information, se [www.fass.se](http://www.fass.se). **Kontaktuppgifter:** Insuman Basal tillhandahålls av Sanofi AB, Box 30052, 104 25 Stockholm, tel: +46 8 634 50 00, [www.sanofi.se](http://www.sanofi.se). Vid frågor om våra läkemedel kontakta: [infoavd@sanofi.com](mailto:infoavd@sanofi.com). Läs bipacksedeln noga före användning.





Questions about our diabetes products:

**020-526887**

**insulin.se**

You can find more information about diabetes at [insulin.se](http://insulin.se)

You can also read about various diabetes products at [fass.se](http://fass.se)

Instructional videos on how to use the pen can be found at [medicininstruktioner.se](http://medicininstruktioner.se)

**Please read the information leaflet carefully.**

The brochure was created in collaboration with Eva Salomonson  
and Rebecca Odhagen, Örebro University Hospital.



[sanofi.se](http://sanofi.se)