



PATIENT INFORMATION

For those who have been given Toujeo

This leaflet is written for those of you who have diabetes and have been prescribed Toujeo (insulin glargine) by your doctor. The main goal of all diabetes treatment is to achieve the most normal blood sugar level possible and feel well at the same time.

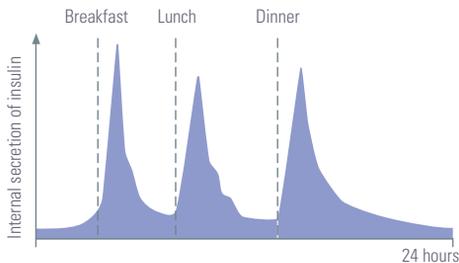
If you have any questions about your diabetes treatment, you must never hesitate to ask your nurse or doctor.

# Why do I need basal insulin?

When you have eaten, food you have ingested transforms into sugar, amongst other things. This makes the sugar level in the blood rise and the body's need for insulin increases. The body also needs insulin between meals and during the night, but only at a low and steady level.

Insulin is a hormone that helps the body regulate the level of sugar in the blood. Basal insulin helps the body to maintain a steady level of insulin 24 hours a day.

## Normal internal secretion of insulin in the body



## Too-low, too-high or normal blood sugar levels

If the level of sugar in the blood becomes too high or low, it can lead to problems. If you go through long periods with high blood sugar levels, some of the organs in the body may become damaged. If the blood sugar level goes too low, the body does not get enough energy. This can happen because you have not eaten enough, exercised more than usual or taken a dose of insulin that is too high, for example.

You can feel this in several ways. Usually this shows in the form of difficulty concentrating, sweating, tiredness, irritability or a feeling of hunger. This is called a "hypo" (hypoglycaemia, low blood sugar). Your doctor or nurse can give you more information about what you should do if you experience a "hypo". You must always take action when you experience hypoglycaemia.

# Different types of insulin

Insulin can be separated into different types based on how long it takes for it to be effective and how long the effect lasts for. Insulin is divided into mealtime and basal insulin. There is also a type of insulin that is a mixture of long-acting and short-acting insulin. This is called mixed insulin.

**Toujeo** is a long-acting insulin that is released slowly from the injection site into the blood and lowers the blood sugar in a stable manner for more than 24 hours.

The slow release of Toujeo provides a steady insulin profile without peaks between meals and during the night, which reduces the risk of hypoglycaemia.

You only need to take Toujeo once every 24 hours. You can take it any time during the day or night, preferably at the same time every day. You can change the time of your injection if you need



The curve shows that Toujeo has a more stable profile over 24 hours with an effect lasting longer than 24 hours, when to Lantus.\*

to. The reason for this is that this drug lowers your blood sugar for a longer period of time. Toujeo gives you a flexible time for the injection. If needed, you can inject Toujeo up to three hours before or after the regular dosing time.

If you have very low insulin production or no insulin production at all, you may also need insulin in relation to your meals.

\*Ref.: Adjusted from Becker et al. Diabetes Care 2015; 38 (4):637–634

# Before you inject Toujeo

When you are starting a new pre-filled pen, remove it from the refrigerator one to two hours in advance. Check that the insulin in the pre-filled pen is clear (colourless, clear without any visible solid particles). If the insulin is cloudy you must discard the pre-filled pen and take out a new one. Always use a new needle when you inject Toujeo.

## **Store Toujeo correctly**

Pens in an unopened box must be stored in a refrigerator at 2–8°C. Toujeo must not be frozen. Avoid direct contact with freezer compartments or ice packs. Toujeo that is being used must be stored at 30°C maximum and be protected from the cold. If there is insulin left after six weeks of use, you must discard the pre-filled pen. Please note the date when you start a new pre-filled pen.

## **Check your fasting blood glucose**

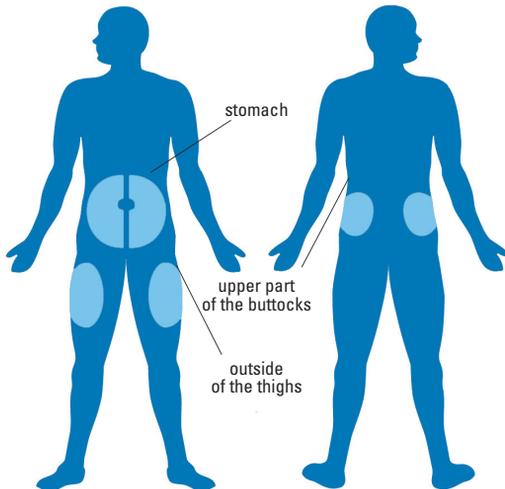
It is important that you have good knowledge of your fasting blood glucose. These levels give you the information that you need to titrate Toujeo, in collaboration with your doctor or nurse. Please use your Diabetes Diary to monitor your blood glucose levels and insulin doses.

Your doctor or nurse will give you information and advice on how to adjust the dose according to your blood glucose level to easily and safely reach good blood glucose control.

# How to take Toujeo

Your doctor or nurse will give you information about which dose schedule to follow and where on the body you should inject Toujeo.

For practical reasons, it is most common to inject basal insulin into the stomach. The injection site can be varied with Toujeo. Choose between the following sites:



You can take Toujeo at any time of day, but preferably at the same time every day. You can change the time of your injection if you need to. The reason for this is that this drug lowers your blood sugar for a longer period of time. Toujeo gives you a flexible time for the injection. If needed, you can inject Toujeo up to three hours before or after the regular dosing time.

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

Carefully follow the instructions from your doctor on how to inject insulin and which doses of Toujeo are right for you.

# Insulin pen



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

**More information** about all of our diabetes products can be found on [www.insulin.se](http://www.insulin.se).



**Toujeo®** (insulin glargine) R, F, A10AE04, 300 unit/ml fluid for injection, the solution is a long-acting insulin analogue. **Indication:** Treatment of diabetes mellitus in adults. **Warnings and caution:** Toujeo must not be used for the treatment of diabetic ketoacidosis. For further information, please see [www.fass.se](http://www.fass.se). **Packaging:** Toujeo SoloStar 5x1.5 ml. Please read the information leaflet carefully. For price information, see [www.fass.se](http://www.fass.se). Toujeo is provided by Sanofi AB, Box 300 52, 10425 Stockholm, tel.: +46 8 634 50 00, [www.sanofi.se](http://www.sanofi.se). For questions about our drugs, please contact: [infoavd@sanofi.com](mailto:infoavd@sanofi.com). Date of last review of the summary of product characteristics, Sept 2016. Toujeo is reimbursed for all patients with type 1-diabetes and for patients with type-2 diabetes where other insulin treatment is not sufficient to reach the treatment goal because of repeated hypoglycaemic events.

The dose regimen for Toujeo (dose and time) must be individually adjusted. In clinical studies, it has been seen after initiation that for a strength of 300 units/ml, a 10-18% higher insulin dose on average is required to achieve equivalent glucose control as with 100 units/ml.

Questions about our diabetes products:  
**020 52 68 87**

You can find more information about diabetes on [www.insulin.se](http://www.insulin.se)  
You can also read about different insulins on [www.fass.se](http://www.fass.se)

**Please read the patient information leaflet carefully!**