



The Facts on Lantus[®] long-acting (basal) insulin

Contents

Getting started on Lantus®	2
The Facts on Lantus	4
What is Lantus?	4
Who can use Lantus?	5
Is there anyone who should not take Lantus?.....	5
Using Lantus	6
How is Lantus used in people with Type 1 diabetes?	6
How is Lantus used in people with Type 2 diabetes?.....	6
How do I use Lantus?	6
Where should I inject Lantus?.....	6
When should I inject Lantus?.....	7
Can I use the Lantus cartridges in the same pens that I use for other insulins?	7
What does Lantus look like?.....	7
How should I store Lantus?	8
Can I mix Lantus with other insulins?.....	8
Does Lantus have side effects?.....	8
Starting on Lantus	10
Will my dose of Lantus stay the same?.....	10
How will I know when I have the right dose of Lantus?.....	10
Do's and Don'ts	11
Glossary	12
My Action Plan	14
Lantus Telephone Support	17

Important notice: The information provided in this booklet does not replace any of the information or advice provided by a medical practitioner and other members of your diabetes healthcare team. If you have any further questions about Lantus® or diabetes, please contact your doctor.

Getting started on Lantus®

You have been prescribed Lantus which is available in:

A disposable pen

Lantus SoloSTAR®



Or

Lantus® 10mL vial



Or

Lantus® AllStar Pro® pen & Lantus® 3mL cartridges®



Lantus (insulin glargine) is a long-acting (basal) insulin that provides a continuous level of insulin over 24 hours. Lantus works to control your blood glucose levels (BGLs) between meals and during the night.¹

Lantus SoloStar and Lantus AllStar Pro® use BD Micro-Fine™ Pen Needles which are fully subsidised.¹



- ☐ BD Micro-Fine 4mm
- ☐ BD Micro-Fine 5mm
- ☐ BD Micro-Fine 8mm
- ☐ BD Micro-Fine 12.7mm

Key information

	Lantus (long-acting basal insulin)
Starting dose	<p>_____ units</p> <p>This is your starting dose only. This dose will change. Refer to dose adjustment schedules on the following page.</p>
When	<p>at _____ am/pm. Always inject Lantus at the same time each day.</p> <p>Make sure this time suits your schedule during the week and weekend.</p>
BGL targets	<p>My ideal fasting (or on waking) BGL</p> <p>_____</p> <p>This tells you whether your Lantus dose is too high or too low.</p>
<p>Check my BGLs _____ times per day. Ideally at _____</p>	

Lantus dose adjustment

Starting Lantus may mean a slight change to your routine for a short time. More blood glucose level (BGL) checks and frequent adjustments to your Lantus dose are necessary to find the right dose of insulin to achieve optimal blood glucose control. It is important to stay in close contact with your healthcare professional during this time to review your fasting BGLs and Lantus dose.

Your healthcare professional will ask you to follow one of the Lantus dose adjustment schedules below.

Check my fasting blood glucose level (time of day) at: _____

☐

Self-managed dose adjustment option²

Increase your Lantus dose by 2 units every 3 days until your fasting blood glucose (FBG) is less than or equal to 5.5 mmol/L.²

Decrease dose by 2-4 units if FBG is < 4 mmol/L.

Titration will be reviewed by your healthcare professional at each contact.

OR

☐

Self-managed dose adjustment option³

Increase your Lantus dose by 1 units every day until your fasting blood glucose (FBG) is less than or equal to 5.5mmol/L.³ Decrease dose by 2-4 units if FBG is < 4 mmol/L.

Titration will be reviewed by your healthcare professional at each contact.

OR

☐

Physician-led dose adjustment option

My target fasting BGL is _____ mmol/L

Adjust dose every _____ days

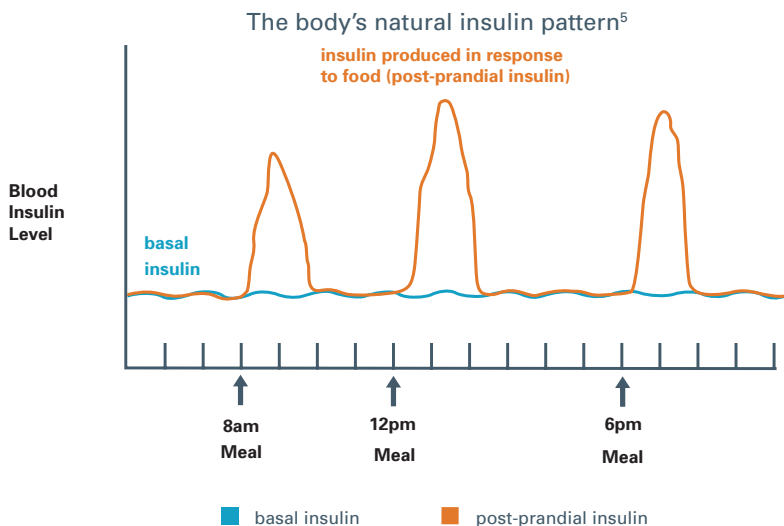
Other instructions _____

Average FBG (mmol/L)	Change in Lantus dose

The Facts on Lantus®

What is Lantus?

Lantus (insulin glargine) is a long-acting basal insulin. 'Basal insulin' is a term used to describe the slow, steady release of insulin needed to control your blood glucose and to keep your cells supplied with energy when no food is being digested. Lantus provides a continuous level of insulin over 24 hours¹, similar to the slow, steady (basal) secretion of insulin provided by the normally functioning pancreas. This means that only one injection of Lantus per day is needed for 24-hour basal control.



Adapted from Rosetti P *et al. Diab Care* 2008; 31(suppl 2): S113 – 120.

Who can use Lantus?

Lantus can be used in adults and children 6 years and above with Type 1 and Type 2 diabetes who require insulin for the control of their blood glucose levels.

Is there anyone who should not take Lantus?

You should not take Lantus if you are allergic to the active ingredient, insulin glargine, or any of the other ingredients in Lantus.



Using Lantus®

How is Lantus used in people with Type 1 diabetes?

In people with Type 1 diabetes, basal insulin is used in combination with short- or rapid-acting insulin at mealtimes. The aim is to mimic the body's normal insulin production.

How is Lantus used in people with Type 2 diabetes?

In Type 2 diabetes, basal insulin can be used in combination with oral diabetes medications and/or with short- or rapid-acting insulin.

How do I use Lantus?

- Lantus is available for injection in a pre-filled pen called Lantus SoloStar, in 3 mL cartridges for use with the reusable insulin pen, Lantus AllStar Pro, and in 10 mL vials for use with a syringe.

Lantus SoloStar®



Lantus AllStar Pro®



- Once in use, Lantus SoloStar (the pre-filled pen), cartridges and vials can be stored at room temperature (below 30°C) and discarded after 28 days.¹



Where should I inject Lantus?

Your healthcare team will be able to advise you on the most appropriate injection sites for you. The abdomen (except for a five centimetre ring around the navel), the top and outer thighs and the outer, upper arms are suitable injection sites. Change the injection site so that the same site is not used more often than once a month. This will reduce the chance of local skin reactions developing.



When should I inject Lantus?

It is important to inject at the same time each day. Talk to your doctor about what time is best for you.¹

Can I use the Lantus cartridges in the same pens I use for other insulins?

No. Lantus cartridges are specifically designed to be used with the insulin delivery device, Lantus AllStar Pro. Another option is to use the pre-filled pen, Lantus SoloStar – the pen and the cartridge come pre-assembled and both are discarded 28 days after initial use.

What does Lantus look like?

Lantus is a CLEAR and COLOURLESS solution. If you take more than one type of insulin, always read the label to ensure you are taking the right insulin at the right time.

How should I store Lantus®?

- Open Lantus SoloStar®, cartridges and vials can be stored at room temperature for 28 days ($\leq 30^{\circ}\text{C}$).
- Any unopened vials, cartridges or pre-filled pens should be stored in the fridge ($2-8^{\circ}\text{C}$).
- Do not use Lantus if it has been frozen or exposed to excessive heat (e.g. left in the car or direct sunlight), or if it appears cloudy or has particles.
- Once in use, the open cartridges, vials and pre-filled disposable pens must be used within 28 days, after which the remaining product must be discarded.¹

Can I mix Lantus with other insulins?

Never mix Lantus with anything else. Mixing or diluting Lantus with any other insulin can change the time/action profile and Lantus will not act predictably. Mixing can also cause particles to appear.

Does Lantus have side effects?

As with any insulin, the main side effect associated with use is hypoglycaemia.

The first symptoms of mild to moderate hypoglycaemia can come on suddenly.

They may include: cold sweat, cool pale skin, fatigue, drowsiness, unusual tiredness and weakness, nervousness, anxious feeling, tremor, rapid heart beat, confusion, difficulty concentrating, excessive hunger, vision changes, headache, nausea.⁶

Always carry some sugary food or drink with you.

If you experience any of these symptoms of hypoglycaemia, you need to raise your blood sugar urgently. You can do this by taking one of the following:⁶

- 5-7 jelly beans
- 3 teaspoons of sugar or honey
- a can of a sugar-containing soft drink (not a diet soft drink)
- 2-3 concentrated glucose tablets

Follow up with extra carbohydrates, e.g. a slice of bread, fruit or milk, when over the initial symptoms.

Your risk of hypoglycaemia is increased if you:

- accidentally use too much Lantus
- have too much or unexpected exercise
- eat insufficient food or delay eating
- drink excessive alcohol
- are not monitoring your BGLs sufficiently

Redness, swelling or pain at the injection site can occasionally occur but this usually disappears a few weeks after continued use.

Depression or thickening of the skin around the injection site can also occur if you inject too often at the same site. Change the injection site within the particular area you are using so that the same site is not used more often than once a month. This will reduce the chance of local skin reactions developing.

Tell your doctor, pharmacist or diabetes educator as soon as possible if you do not feel well while you are using Lantus.



Starting on Lantus[®]

Will my dose of Lantus stay the same?

Starting Lantus may mean a slight change to your routine for a short time. You and your doctor may need to work on increasing or decreasing the dose depending on your fasting (on waking) BGLs.² Your dose of Lantus may need adjusting many times and it could take weeks or even months to find the dose that will give you your best blood glucose control.

How will I know when I have the right dose of Lantus?

Checking your BGLs regularly is important during periods of dose adjustment. This is the best way to ensure the insulin dose is right for you. Talk to your healthcare team about what fasting BGL you should be aiming for as it is your fasting (on waking) BGL that will reveal whether your dose of Lantus is adequate.² If it is above or below your target level, discuss this with your healthcare team as your dosage may need adjusting.



Do's and Don'ts⁷

Do

- Do check that you have the right insulin before injecting.
- Do wash your hands thoroughly before starting each injection.
- Do inject Lantus at the same time each day.
- Do use a new needle for each injection.
- Do alternate injection sites.
- Do keep Lantus SoloStar®, the Lantus vial or pen cartridge you are using at room temperature, (not higher than 30°C, and protected from light). Store un-opened pre-filled pens, cartridges and vials in the fridge. Do not allow it to freeze.
- Do discard any remaining Lantus 28 days after first use.

Don't

- Don't mix Lantus with ANY other insulin.
- Don't confuse your insulins – Lantus is clear and not cloudy.
- Don't use Lantus if the pre-filled pen, vial or cartridge becomes cloudy or if particles appear.
- If you forget to take a dose of Lantus, as with any insulin, NEVER take double to make up for a missed dose. Contact your diabetes healthcare team.

Glossary

A1C (also called HbA1c or Haemoglobin A1c): A test that shows the average amount of sugar in the blood for the past 2-3 months. This test helps your doctor or nurse to see if your blood sugar is where it needs to be.

Apidra®: Apidra (insulin glulisine) is a rapid acting insulin used at mealtimes to help lower blood glucose levels (BGLs) in people with diabetes.

Basal insulin: Works day and night to control blood sugar between meals and when you sleep (eg Lantus).

Bolus insulin : A bolus dose is insulin that is specifically taken at meal times to keep blood glucose levels under control following a meal. Bolus insulin needs to act quickly and so rapid acting insulin will be used (eg Apidra).

Blood glucose: The main sugar that the body makes from food. Without insulin, cells can't use blood glucose for energy. Glucose in your blood can be broken down to create energy for your body.

Blood glucose level (BGL): Is the amount of glucose in the blood.

Carbohydrates: A type of food that your body needs for energy. There are two different kinds of carbohydrates, simple (meaning sugar, white bread or fruit) and complex (vegetables and starches).

Fasting blood glucose (FBG): A test to determine how much glucose (sugar) is in a blood sample after an overnight fast.

High blood glucose: When there is too much glucose in the blood. This condition can be treated with insulin.

Hyperglycaemia: The medical term for high blood sugar.

Hypoglycaemia: The medical term for low blood sugar.

Lantus®: Lantus (insulin glargine) is a long acting form of insulin used to treat type 1 and type 2 diabetes.

Low blood glucose: When there is too little glucose in the blood. This condition can happen when people with diabetes accidentally take too much insulin, exercise a lot, or don't eat enough.

Meal plan: A food guide that can help people with diabetes get the right balance of carbohydrates, proteins, and nutrients into their diet.

Pancreas: The pancreas is a gland near the stomach that makes insulin and enzymes that help digest food.

Self-monitored blood glucose (SMBG): A way for people with diabetes to check how much glucose (sugar) is in their blood. Your doctor or nurse may recommend checking your blood glucose regularly to be sure blood glucose levels are where they need to be.

Type 1 diabetes: A condition in which the pancreas can no longer produce insulin. People who have type 1 diabetes must take daily injections of long - acting and short - acting insulin or use an insulin pump.

Type 2 diabetes: A condition where the pancreas gets overworked, so it produces less insulin, or when the body becomes less sensitive to insulin that the pancreas is producing. There are several different ways to treat type 2 diabetes: diet, exercise and weight loss at first, then diabetes pills and adding insulin injections as the condition progresses.



My Action Plan

Questions to ask my diabetes team:

Online education about Type 2 Diabetes

Type 2 Diabetes explained

When you're diagnosed with type 2 diabetes, you need all the good information you can get. So at Sanofi, we've sponsored a free resource to give you the support tools to help manage your diabetes and live well in the real world.

ONE PERSON'S REAL STORY

The **Type 2 Diabetes Xplained** app takes a look at Type 2 diabetes in a fun, interactive way that tells the real story of a Kiwi living with diabetes – how he got there, how it has affected him and his family and how he has learnt to live with his condition.



Visit www.type2diabetesexplained.co.nz

Available in 4 languages – English, Samoan, Te Reo and Tongan

CREATED BY

MedicineX

KINDLY SPONSORED BY

SANOFI 

Useful contact details and links

Diabetes New Zealand

www.diabetes.org.nz

Diabetes Youth New Zealand

www.diabetesyouth.org.nz

For more information about Lantus or Apidra, please call **0800 LANTUS (0800 526 887 option 2)**.

Lantus® is a Prescription Medicine that is part of the daily treatment of Type 1 & Type 2 diabetes mellitus. Do not use if allergic to insulin glargine or any of its ingredients.

Precautions: for subcutaneous (under the skin) injections only, do not mix or dilute. Close monitoring required during pregnancy, kidney or liver disease, intercurrent illness or stress. Tell your doctor if you are taking any other medicines, including those you can get from a pharmacy, supermarket or health food shop. Interactions with other medicine may increase or decrease blood glucose.

Side Effects: hyper or hypo glycaemia, injection site reactions, lipodystrophy (local disturbance of fat metabolism). Contains insulin glargine 100u/mL. Use strictly as directed and if there is inadequate control or you have side effects see your doctor, diabetes nurse or educator.

For further information please refer to the Lantus® Consumer Medicine Information on the Medsafe website (www.medsafe.govt.nz). Sanofi, Auckland, freephone 0800 283 684. Lantus® is fully reimbursed when prescribed by a medical practitioner. Pharmacy charges and doctors fees apply.

Apidra® is a Prescription Medicine that is part of the daily treatment of Type 1 & Type 2 diabetes mellitus. Do not use if allergic to insulin glulisine or any of its ingredients.

Precautions: for subcutaneous (under the skin) injections only, only mix Apidra® with (NPH) insulin if your doctor has instructed you to do so. Close monitoring required during pregnancy, kidney or liver disease, intercurrent illness or stress. Tell your doctor if you are taking any other medicines, including those you can get from a pharmacy, supermarket or health food shop. Interactions with other medicine may increase or decrease blood glucose.

Side Effects: hyper or hypo glycaemia, injection site reactions, lipodystrophy (local disturbance of fat metabolism). Contains insulin glulisine 100u/mL. Use strictly as directed and if there is inadequate control or you have side effects see your doctor, diabetes nurse or educator.

For further information please refer to the Apidra® Consumer Medicine Information on the Medsafe website (www.medsafe.govt.nz). Sanofi New Zealand, Auckland-Freephone 0800 283 684. Apidra® is fully reimbursed when prescribed by a medical practitioner for Type 1 or Type 2 diabetes mellitus patients. Pharmacy Charges and Doctors fees apply.

References:

1. Lantus Datasheet 31 July 2017.
2. New Zealand Pharmaceutical Schedule April 2020
3. Davies M, et al. Diab Care 2005; 28: 1282-88.
4. Gerstein HC, et al. Diabet Med 2006;23:736-42
5. Rosetti P, et al. Diab Care 2008; 31 (suppl 2): S113-120.
6. Diabetes & Insulin. Diabetes NZ. May 2015
7. Lantus Consumer Medicine Information, October 17

SAANZ.GLA.18.01.0008(1). Date of preparation: April 2020. TAPs PP5681



SANOFI