



A guide to your insulin therapy with Insulatard[®] (NPH human insulin)

Please make sure you read the patient information leaflet provided with your Insulatard[®]

This guide is intended for people who have been prescribed Insulatard[®]

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A new move for you and your diabetes

You and your healthcare professional have decided the time is right for Insulatard®. Managing your blood sugar levels is an important part of keeping diabetes under control. It can help avoid health problems caused by high blood sugar.

As you may know, the body makes insulin. In type 1 diabetes, your body isn't able to make any insulin. In type 2 diabetes, your body prevents the insulin it makes from working correctly. Your body may make some insulin, but not enough. Many people with type 2 diabetes may eventually need to take insulin. Taking insulin is a way to replace the insulin that your body needs.

This booklet will introduce you to Insulatard®. It is an intermediate-acting human insulin to help you move towards your blood sugar goals. Your doctor or diabetes specialist nurse will advise you on

how many times a day you should take Insulatard® and also at what times of the day you should take it.

As you move forward in your diabetes care, you should know that you are not alone. Don't be afraid to talk to family and friends about insulin. Of course, if you have questions or concerns, always contact your healthcare professional.

The content of this booklet is not intended to replace the advice of your healthcare professional or medical consultation.

Novo Nordisk Customer Care:

<http://www.novonordisk.co.uk/contact-us/Contact-Form.html>

or

0845 600 5055 (Office hours 8.30am - 5.30pm weekdays and bank holidays)

Calls are charged at a local rate and no other costs are incurred by the caller. Calls may be monitored for training purposes.

Some people say that taking insulin gives them more control over their diet and activity. Taking insulin can put people more in control of their diabetes.

Getting to know your insulin

What is Insulatard® and how does it work?

Insulatard® is a basal intermediate-acting human insulin that works throughout the day and night. It can be given once a day or as several daily injections. Insulatard® is designed to release slowly and smoothly into your blood and helps control your blood sugar.

Insulatard® injections should be taken at the same times each day.

What does Insulatard® look like?

Insulatard® comes in 3ml cartridges (called Penfill®) for use in your durable Novo Nordisk insulin delivery pen device, such as NovoPen®5, or in an InnoLet® pre-filled insulin doser. It also comes in a 10ml vial for use with insulin syringes.

You can identify Insulatard® by the printing on the cartridge (Penfill®) or vial and by its green colour coding. Insulatard® is a suspension and it should look cloudy and white inside the cartridge or vial.



Taking your insulin

When do I need to take my Insulatard®?

Insulatard®	
Time of injection	Dose
am	BASAL
pm	BASAL
Other	BASAL

What do I do before injecting Insulatard®?

- Check the label on your cartridge (Penfill®) or vial to make sure you have the right insulin. Remember, Insulatard® is always colour coded green
- Check for any damage to your cartridge (Penfill®), pen, vial or InnoLet®. If it is damaged, do not use it and use a new one instead
- You do need to re-suspend Insulatard® before you inject. There is a glass ball in the cartridge to help with this. The NovoPen®, vial or InnoLet® should be shaken
- Before each injection you must do an air-shot of a couple of units to remove any air bubbles from the insulin and the needle
- Remember to use a new needle each time you inject Insulatard®

Injecting Insulatard®

When do I inject Insulatard®?

Your doctor or diabetes specialist nurse will explain to you when you should best inject your Insulatard® insulin.

How do I inject Insulatard®?

Insulatard® is for injection under the skin (subcutaneously). Never inject your insulin directly into a vein or muscle. Use the injection technique advised by your doctor or diabetes specialist nurse.

Where should I inject Insulatard®?

The best places to give yourself an injection are the front of your thighs, the front of your waist (abdomen), the gluteal region (buttocks) or the upper arm.

If I am using Insulatard® and rapid-acting insulin, can I inject them at the same site?

No. You should not inject Insulatard® and rapid-acting insulin at the same site.

When can I pull out the needle?

You should keep the needle under the skin for at least 6 seconds – this is to make sure that the full insulin dose has been delivered.

Should I always inject Insulatard® in the same place?

As with other insulins, Insulatard® may work a bit differently when injected in a different region – it is therefore recommended to inject at different injection sites in the same region.

I have some redness, swelling and an itchy feeling at the injection site – is this normal?

Reactions at the injection site may occur. These usually disappear after a few weeks of taking your insulin. If they do not disappear see your doctor or diabetes specialist nurse.

How can I avoid lumps at the injection site?

Lumps can be caused by injecting yourself too often at the same site. Prevent this by choosing different injection sites each time within the same region.

— NAZ BAYKAL
Naz has type 1 diabetes



Some frequently asked questions

Can I use the needle again?

It is recommended to discard the needle after each injection.

What happens if I use the same needle more than once?

The needle may become blunted, causing more pain when injecting. Also, leaving the needle on your injection device between injections may cause insulin to leak out.

How do I store my Insulatard®?

- Before opening: store in a refrigerator (2°C – 8°C)
- Do not refrigerate during use. Do not freeze
- Any Insulatard® that has been frozen must not be used
- Keep the cartridge in the outer carton in order to protect from light
- Always check the expiry date on the label or carton and do not use any Insulatard® past the expiry date

How can I involve family and friends?

Starting insulin can be a big move forward in helping you manage your diabetes. But it doesn't mean you are a different person.

Be open with your family and friends. Tell them about your doses, diet, and level of physical activity. The more they know about your diabetes and insulin, the less they will worry and the more they will want to help. Talk to them and it might help them better understand your diabetes and how taking insulin can help you better manage your blood sugar levels and your life.

It may also be helpful to talk to other people with diabetes who take insulin. Your healthcare professional or local diabetes association may be able to introduce you, and provide other resources.

What are the important things to know about Insulatard®?

Like other insulins, Insulatard® can cause side effects. Everyone reacts to insulin differently. Some people may experience side effects and others may not. For a full list of side effects, please see the patient information leaflet. Be sure to contact your healthcare professional if you experience any of the following symptoms or any others that you think might relate to your insulin injection:

- Pain or redness at the place where you inject Insulatard®
- Changes in your skin at the place you inject or swelling around your joints
- Vomiting, difficulty breathing, or fast heartbeat
 - These could be signs of a severe allergic reaction. It is rare to have a serious allergic reaction to Insulatard®. If you see the signs of a serious allergic reaction, stop taking Insulatard® and seek immediate medical assistance

All insulin can cause low blood sugar. This is known as hypoglycaemia, or a “hypo”.

What is low blood sugar (a “hypo”)?

Sometimes, blood sugar can get too low. This is called hypoglycaemia, or a “hypo”. As with any insulin product, Insulatard® may cause hypoglycaemia. To help reduce the risk of hypoglycaemia, always follow your healthcare professional's instructions.

Too-low blood sugar may happen if you:

- Use too much insulin
- Exercise more than usual
- Drink alcohol
- Miss a meal
- Eat too little

There are other causes of low blood sugar. Ask your healthcare professional to explain the ways you can help prevent and treat low blood sugar.

It is important to know you can check your blood sugar with a blood glucose monitor or meter. Discuss with your healthcare professional when you should check your blood glucose.

Some frequently asked questions

How do I know if I have low blood sugar?

Low blood sugar can happen quickly. You might feel different symptoms, including cold sweat, confusion, and a fast heartbeat. Some people may feel sick, tired, dizzy, or experience a headache or mood swing.

Some symptoms of hypoglycaemia are:

- Nausea
- Extreme hunger
- Trembling
- Feeling nervous or jittery
- Slurred speech
- Cool pale skin
- Difficulty concentrating
- Short-lasting changes in your sight
- Numbness or tingling of the fingertips or lips

Every person responds differently to low blood sugar. Your healthcare professional will help you recognise the symptoms and teach you what to do if you have them.

Always keep your diabetes ID card with you in case you experience low blood sugar.



— ANDREAS ECK
Andreas has type 2 diabetes

What do I do if my blood sugar is too low?

- Eat glucose tablets or another high-sugar snack like sweets, biscuits, or fruit juice (always carry glucose tablets or a high-sugar snack, just in case)
- Measure your blood sugar if possible and rest. You may need to measure your blood sugar more than once, as with all intermediate-acting insulin products improvement from the period of low blood sugar may be delayed
- Wait until the signs of too-low blood sugar have gone or when your blood sugar level has settled. Then carry on with your insulin as usual
- If you pass out and need help from someone, they should turn you on your side, get medical help straight away, and not give you any food or drink because you may choke

Tell your friends and family about low blood sugar, and what the symptoms are, so they can get you help if you need it.

Your healthcare professional can teach you how to prevent and treat low blood sugar. The best way is to properly care for your diabetes. Also, try not to skip or delay meals.

Be sure to talk to your healthcare professional if you want to change your diet or exercise routine.

If you find you are experiencing “hypos” frequently, please see your doctor or diabetes specialist nurse who may want to consider alternative management strategies.

Remember, it is important to manage your diabetes.

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Calls may be recorded for training purposes
Office hours 08:30am to 05:30pm on weekdays and bank holidays

For more information on diabetes, visit our website
www.novonordisk.co.uk

This booklet was provided as a service
to patients by Novo Nordisk Limited

Reporting of side effects. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.
By reporting side effects you can help provide more information on the safety of this medicine.

*Calls are charged at a local rate and no other costs are incurred by the caller.

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