

Getting started with BASAGLAR[®]



[®]basaglar[®]
insulin glargine injection
(rDNA origin) 100 units/mL

BASAGLAR[®] is indicated in the treatment of patients over 17 years of age with type 1 or type 2 diabetes mellitus who require basal (long-acting) insulin for the control of hyperglycemia (high blood sugar) and in the treatment of pediatric patients (>6 years old) with type 1 diabetes mellitus who require basal insulin for the control of hyperglycemia.





Welcome to BASAGLAR®

Your doctor has recommended BASAGLAR® as a part of your/your child's treatment plan. It's also important to maintain a healthy lifestyle – this includes eating a balanced diet, participating in regular exercise or other physical activities, careful monitoring of glucose levels, and following your healthcare professional's recommendations. These simple actions will complement insulin therapy and will ultimately help you gain greater control of your/your child's diabetes.

My/my child's starting dose is:

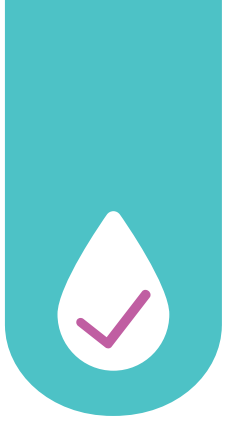
Notes:



HERE ARE A FEW THINGS TO KNOW ABOUT BASAGLAR®

- > **BASAGLAR® is a long-acting, blood-sugar-lowering agent.**
- > **BASAGLAR® may be taken at any time during the day, but make sure to take it at the same time each day.**
- > **BASAGLAR® offers resources designed to help people get started.**
- > **BASAGLAR® comes in a prefilled KwikPen® and in cartridges for use in Lilly's reusable insulin pens (SAVVIO™). The prefilled KwikPen® dials up to 80 units, and SAVVIO™ dials up to 60 units.**
- > **BD pen needles are recommended for use with Lilly insulin pens.**
- > **When you get a supply of KwikPens® or cartridges, store them in the fridge (between 2-8°C). Once you begin injections, store the pen at room temperature (below 30°C), and throw it (or the opened cartridge) away after 28 days. Don't freeze the KwikPen® or cartridge, or use it if it's been frozen.**





BLOOD SUGAR: WHAT TO EXPECT



CHANGES ARE NORMAL

Things like stress, diet, other medications, exercise, and more can affect your/your child's blood sugar. This is completely normal. Ask your healthcare provider how often to do a blood sugar test and what to do if it is too high or low. Keep an eye on these levels and adjust as needed.



STAY ALERT

It's important to know the symptoms of low blood sugar (hypoglycemia) and how to treat it. Remember, blood sugar below 4.0 mmol/L is too low. Below is a handy rule of thumb for treating low blood sugar. Be sure to tell your doctor if you have/your child has experienced low blood sugar.



IF YOU HAVE/YOUR CHILD HAS LOW BLOOD SUGAR AND CAN SWALLOW, USE THE 15/15 RULE

Check blood glucose if you can, and if it is below 4.0 mmol/L:

- Eat or drink something with 15 grams of carbs (like 2/3 cup of fruit juice or regular soft drink)
- Wait 15 minutes and test again
- If the level is still below 4.0 mmol/L, repeat these steps
- If it's still below 4.0 mmol/L after another 15 minutes, repeat the steps above
- Once the blood sugar level is above 4.0 mmol/L, have a small snack if the next meal is more than 1 hour away



IF YOU HAVE/YOUR CHILD HAS SEVERE HYPOGLYCEMIA, YOU MAY NEED HELP

If you have/your child has blood sugar that's so low that assistance of another person is needed, administration of glucagon may be necessary (administered as an injection or a nasal spray). Be prepared, and talk to your healthcare professional about a rescue plan.



LOW BLOOD SUGAR SYMPTOMS CAN INCLUDE:

- Hunger
- Shaking
- Irritability
- Confusion
- Light-headedness
- Anxiety
- Seizures
- Tingling in your tongue or lips
- Sweating
- Headache
- Disorientation
- Fast heartbeat
- Drowsiness
- Unconsciousness


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CHANGING TO BASAGLAR[®]

IF YOU'RE/YOUR CHILD IS SWITCHING FROM ANOTHER INSULIN, HERE ARE SOME THINGS TO KNOW ABOUT BASAGLAR[®]:



The dose to be taken may need to be adjusted when changing to BASAGLAR[®]. Always check with your healthcare provider to confirm the correct dose.



BASAGLAR[®] is taken once a day, at the same time each day.



The prefilled BASAGLAR[®] KwikPen[®] dials up to 80 units. If you are using BASAGLAR[®] cartridges, the SAVVIO[™] reusable insulin pen dials up to 60 units. Make sure you check the dose before injecting.



Not actual size.


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BEGINNING A ROUTINE WITH BASAGLAR®

Always refer to the Instructions for Use when injecting BASAGLAR®. We offer some tips for establishing an injection routine.



PAIR IT UP

Connect an injection to another daily routine, such as bedtime teeth brushing.



REWARD YOURSELF

Pick something enjoyable, like a favourite TV show or game, as a reward after each injection.



ON THE CLOCK

BASAGLAR® is taken once a day, at the same time every day.



STAY ORGANIZED

- Keep supplies together where you can see them
- Make them easy to get to but out of the reach of children
- Keep an extra unused KwikPen® or cartridge in the fridge



REMINDERS

Set an alarm, write yourself notes, or ask a friend or family member to remind you about injecting at the same time each day.



A NEW WEBSITE FOR PATIENTS STARTING BASAGLAR®



INFORMATION AND ADVICE

- About BASAGLAR®, how it works and who it's for
- When and how to take BASAGLAR®
- Understanding blood sugar readings
- Tips for starting healthy routines for taking BASAGLAR®
- Answers to frequently asked questions about BASAGLAR®

HELPFUL VIDEOS

- BASAGLAR® Show-Me Series™
 - The Five-Second Rule
 - Do the 2U
 - Exploring Injection Sites
 - Pen Storage

AND OTHER USEFUL TOOLS AND RESOURCES.

MYTYPE1.CA

Find helpful videos that equip you/your child with the important information and answers to questions about living with type 1 diabetes and starting good routines.



Important safety information

BASAGLAR (insulin glargine) injection is a recombinant human insulin analogue that is a long-acting blood-glucose-lowering agent administered subcutaneously (under the skin) once a day. BASAGLAR is indicated in the treatment of patients over 17 years of age with type 1 or type 2 diabetes who require basal (long-acting) insulin for the control of hyperglycemia (high blood sugar). BASAGLAR is also indicated in the treatment of pediatric patients (>6 years old) with type 1 diabetes who require basal (long-acting) insulin for the control of hyperglycemia.

BASAGLAR should NOT be used if you are allergic to this drug or to any ingredient in the formulation or component of the container; if you have diabetic ketoacidosis (DKA); or for intravenous or intramuscular injections.

Before using BASAGLAR talk to your healthcare professional if you are: planning to have a baby, are pregnant, or are nursing a baby; taking any medication.

- Hypoglycemia (low blood sugar) is the most common adverse effect of insulin, including BASAGLAR.
- Glucose monitoring is recommended for all patients with diabetes.
- Uncorrected hypoglycemic or hyperglycemic reactions can cause loss of consciousness, coma, or death.
- Any change of insulin should be made cautiously and only under medical supervision.
- BASAGLAR should not be used for intravenous or intramuscular administration.
- BASAGLAR must not be mixed with any other insulin or diluted with any other solution because it might not work as intended.
- BASAGLAR shall not be used if it is not water-clear and colourless or if it has formed a deposit of solid particles on the wall of the cartridge.

Other side effects can occur, including: hyperglycemia (high blood sugar), diabetic ketoacidosis (DKA), allergic reactions to insulin, and skin reactions at the injection site.

If you experience the following serious side effects seek immediate medical attention: severe or continuing hyperglycemia or DKA, or allergic reactions.

In case of drug overdose, contact a healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Always check for the name of the insulin on the carton and the cartridge label when you pick it up from the pharmacy to make sure it is the same as the one your doctor has recommended. Accidental mix-ups between insulin glargine and other insulins, particularly short-acting insulins, have been reported. To avoid medication errors between insulin glargine and other insulins, always check your insulin label before each injection.

About BASAGLAR cartridges and KwikPens: Carefully follow your healthcare professional's directions on how to use BASAGLAR cartridges and KwikPens to help avoid contamination and possible infection, and to obtain an accurate dose. DO NOT SHARE INJECTION PENS, CARTRIDGES, OR NEEDLES WITH ANYONE ELSE. To prevent the possible transmission of disease, never share a BASAGLAR cartridge or pen between patients, even if the needle on the delivery device is changed.

For complete instructions, read and follow the patient information leaflet that comes with your BASAGLAR packaging.

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