



Admelog[®]

Your guide to getting
started with ADMELOG[®]



What is ADMELOG[®] used for?

ADMELOG[®] is an insulin that is used to control high blood sugar (glucose) in people with diabetes.

Insulin is a hormone produced by the pancreas, a large gland that lies near the stomach. This hormone is necessary for the body's correct use of food, especially sugar. When you have diabetes, your pancreas does not make enough insulin to meet your body's needs. To control your diabetes, your doctor has prescribed injections of insulin to keep your blood glucose at a near-normal level.

How does ADMELOG[®] work?

ADMELOG[®] is used to control high blood sugar (glucose) in people with diabetes. ADMELOG[®] takes effect more rapidly and has a shorter duration of activity as compared to regular insulin.

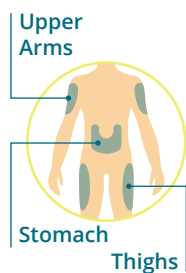
How to take ADMELOG[®]

Read the detailed Instructions for Use that come with your ADMELOG[®] SoloSTAR[®] pen. Use ADMELOG[®] exactly as your healthcare provider tells you to. Your healthcare provider should tell you how much ADMELOG[®] to use and when to use it.

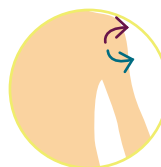
Check your insulin label each time you give your injection to make sure you are using the correct insulin.

ADMELOG[®] comes in a SoloSTAR[®] disposable prefilled pen that you must use to take your ADMELOG[®]. The dose counter on your pen shows your dose of ADMELOG[®].

Do not make any dose changes unless instructed by your healthcare provider.



ADMELOG[®] is injected under your skin (subcutaneously) into the upper arms, stomach, buttock or thighs. **Do not** inject ADMELOG[®] into your vein (intravenously).



Change (rotate) your injection sites within the area you chose with each dose. **Do not** use the exact spot for each injection.



Keep ADMELOG[®] and all medicines out of the reach of children.

How often do I need to take ADMELOG®?

Your doctor has told you which insulin to use, how much, and when and how often to inject it. Because each patient with diabetes is different, this schedule has been individualized for you.

ADMELOG® is to be given within 15 minutes before a meal. When necessary, ADMELOG® may be given shortly after a meal instead (within 20 minutes of the start of the meal).



The time course of action of any insulin may vary to some extent in different individuals or at different times in the same individual. As with all insulin preparations, the duration of action of ADMELOG® is dependent on dose, site of injection, blood supply, temperature, and physical activity.

Your usual ADMELOG® dose may be affected by changes in your food, activity, or work schedule. Carefully follow your doctor's instructions to allow for these changes. Other things that may affect your ADMELOG® dose are illness, pregnancy, medication, exercise and travel.

How do I store ADMELOG®?

Prior to first use:



New pens should be stored in a refrigerator between 2° and 8°C.



Do not freeze and do not expose to excessive heat or sunlight.



After first use:



The ADMELOG® pen that you are currently using should not be refrigerated but should be kept as cool as possible (below 30°C) and away from direct heat and light.

Do not use if it has been frozen.



Pens you are using, or those that are not refrigerated, should be discarded after 28 days, even if they still contain ADMELOG®.

What are possible side effects from using ADMELOG®?

Possible side effects you may feel when taking ADMELOG® can include:

- Hypoglycemia (too little glucose in the blood) is one of the most frequent adverse events experienced by insulin users and can be caused by:
 - Missing or delaying meals
 - Taking too much insulin
 - Exercising or working more than usual
 - An infection or illness (especially with diarrhea or vomiting)
 - A change in the body's need for insulin
 - Diseases of the adrenal, pituitary, or thyroid gland, or progression of kidney or liver disease
 - Interactions with other drugs that lower blood glucose, such as oral hypoglycemics, salicylates, sulfa antibiotics, and certain antidepressants
 - Consumption of alcoholic beverages
- Diabetic acidosis and coma may develop if your body has too little insulin and may occur if you omit your insulin or take less than the doctor has prescribed, eat significantly more than your diet calls for, or develop a fever or infection. The first symptoms of diabetic acidosis usually come on gradually, over a period of hours or days, and include a drowsy feeling, flushed face, thirst, and loss of appetite. Heavy breathing and a rapid pulse are more severe symptoms. If uncorrected, loss of consciousness, coma, or death can result. Therefore, it is important that you obtain medical assistance immediately.
- Lipoatrophy (depression in the skin) or lipohypertrophy (enlargement or thickening of tissue). If you notice either of these conditions, consult your doctor. A change in your injection technique may help alleviate the problem.
- Local allergic reaction (redness, swelling, and itching at the site of injection of insulin). If you have local reactions, contact your doctor, who may recommend a change in the type or species of insulin.
- Generalized allergic reaction, which may cause rash over the whole body, shortness of breath, wheezing, reduction in blood pressure, fast pulse, or sweating. Severe cases may be life threatening. If you think you are having a generalized allergic reaction to insulin, notify a doctor immediately. Patients who have had severe generalized allergic reactions to insulin should be skin tested with each new preparation to be used before treatment with that preparation is started.

These are not all the possible side effects you may feel when taking ADMELOG®. If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

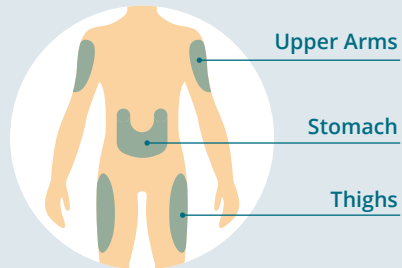
How do I take ADMELOG®?

PREPARE your injection

- Take the pen out of your refrigerator at least an hour before you are ready to inject.
- Check the name and expiration date on your pen to ensure you have the correct insulin and that it is not expired. Check that the liquid is clear and colorless with no visible particles. Do not use the pen if you notice anything unusual in the appearance of the solution.
- Wash your hands.
- Attach a new needle to the pen.
- Pull off the protective cap and set it aside for later.
- Do a safety test. Always do a safety test before each injection to ensure your pen and needle are working correctly and to make sure that you get the correct insulin dose. You may see air bubbles in the insulin – this is normal, they will not harm you.
- Select the correct dose on your pen.

INJECT

- Choose your injection site.



- Wipe the injection site with an alcohol swab and let it dry.
- Push the needle into your skin, place your thumb on the injection button and press it all the way in and hold it down until you see the zero appear in the dose window.
- Slowly count to five.

AFTER your injection

- Remove the needle immediately after each injection and place it into a puncture-resistant container.
- **Put the pen cap back on.** Do not put the pen back in the fridge.

Carefully follow the directions supplied by your healthcare professional on the correct use of your ADMELOG® SoloSTAR® Pen to help avoid contamination and possible infection and to obtain an accurate dose. If you do not follow all of these instructions, you may get too much or too little insulin.

Important safety information - Serious warnings and precautions

Hypoglycemia or low blood sugar is the most common adverse effect experienced by insulin users. Blood glucose monitoring is recommended for all patients with diabetes. Uncorrected hypoglycemic or hyperglycemic reactions can cause loss of consciousness, coma or even death. Information on how to recognize these symptoms can be found in the patient leaflet provided with your medication.

This human insulin analogue differs from other insulins because it has a unique structure, a very quick onset of action and a short duration of activity. ADMELOG® should be given within 15 minutes before a meal or when necessary shortly after a meal instead (within 20 minutes of the start of the meal). The short duration of action of ADMELOG® means that if you have type 1 diabetes you also need to use a longer-acting insulin, such as insulin NPH, to give the best glucose control (except when using an insulin infusion pump).

ADMELOG® SoloSTAR® should 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 prefilled pen cartridge.

Any change of insulin should be made cautiously and only under medical supervision. Changes in purity, strength, brand (manufacturer), type (regular, NPH, etc.), species (beef, pork, beef-pork, human), and/or method of manufacture (recombinant DNA versus animal-source insulin) may result in the need for a change in dosage.

Patients taking ADMELOG® may require a change in dosage from that used with other insulins. If an adjustment is needed, it may occur with the first dose or over a period of several weeks.

Please consult the Patient Medical Information Leaflet that came with your ADMELOG® for additional safety information.



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