

PATIENT INFORMATION



Apidra

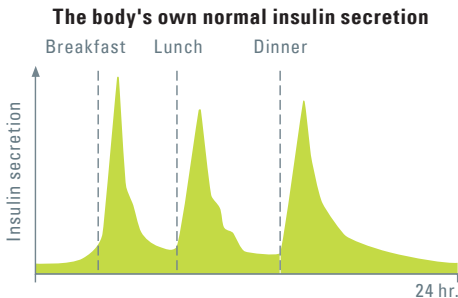
We have written this leaflet for those of you with diabetes who have been prescribed Apidra by your doctor. The primary goal of all diabetes treatment is to achieve as normal a blood glucose level as possible, while at the same time feeling well.

Never hesitate to contact your nurse or doctor if you are unsure about any aspect of your diabetes treatment.

Insulin helps the body

Once you have eaten, the food is converted into various substances including glucose. As a result, the level of glucose in your blood increases and so the body requires more insulin.

Insulin is a hormone that helps the body to regulate the level of glucose in the blood. By injecting insulin, people with diabetes help the body to lower the level of blood glucose when the body is unable to produce enough insulin by itself.



Too high, too low or normal blood glucose level

If the level of glucose in the blood is too high or too low, this may result in problems. For example, long periods of high blood glucose levels can cause damage to some of the body's organs. If the blood glucose level falls too low, the body does not get enough energy. This could be for example because you have not eaten enough, you have done more exercise than usual, or you have taken too high a dose of insulin.

You might experience this in various ways. It is usually noticeable in the form of difficulty in concentrating, perspiring, tiredness, irritation or feeling hungry. This is called hypoglycaemia.

Your doctor or nurse can tell you what you should do if you have hypoglycaemia. You must always take action if you have hypoglycaemia.

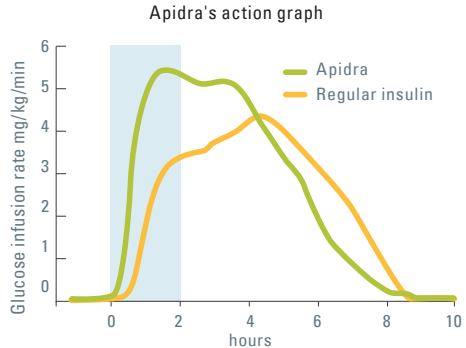
Different types of insulin

Insulin is categorised into different types based on how quickly the effect starts and how long it lasts. Insulin is divided into *mealtime* and *basal insulin*. There is also insulin that is a mixture of long- and short-acting insulin. These are referred to as *premixed insulin*.

Apidra is a fast-acting mealtime insulin that mimics the body's natural insulin effect at mealtimes. Apidra is rapidly absorbed from the injection site.

Apidra's fast-onset effect means that you can take your mealtime insulin immediately before or after meals. You do not have to wait between the injection and the meal.

Apidra deals with the blood glucose peaks that occur in connection with mealtimes and then leaves the bloodstream after a few hours.



The graph shows that Apidra has a faster onset and a shorter effect than regular insulin.

Ref.: Becker R et al. Exp Clin Endocrinol 2005; 113:435-443.

If you have a very low insulin production, or none at all, you might also need insulin between mealtimes and at night.

Together with a long-acting basal insulin, Apidra allows you to live with your diabetes both securely and comfortably.

Before injecting Apidra

When you are starting on a new cartridge or a pre-filled pen, take it out of the refrigerator one or two hours before injection. Check that the insulin in the cartridge or the pre-filled pen is clear (colourless, transparent and free from any visible solid particles). If the insulin is cloudy, throw away the cartridge or pre-filled pen and get a new one. Follow the pen manufacturer's instructions when inserting an Apidra cartridge in your pen. Always use a new needle when injecting Apidra.

Apidra must be stored properly

Cartridges or pre-filled pens in unbroken packaging must be kept in a refrigerator at 2-8 °C. Apidra must not be frozen. It must not be in direct contact with the freezer compartment or freezer packs. Apidra that is in use must be stored at no more than 25 °C and protected from the cold. If there is any insulin left after 4 weeks' use, the cartridge or pre-filled pen must be discarded. It may be useful to

write down the date when you inserted a cartridge or started using a new pre-filled pen.

Checking your fasting blood glucose

It is important to be familiar with your fasting blood glucose and your blood glucose level about two hours after meals. These values provide you with information about the size of the insulin dose you need at various meals in order to properly control your blood glucose.

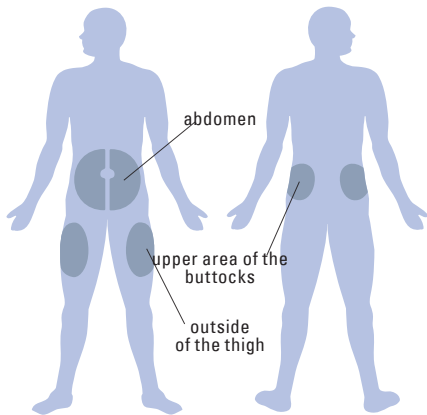
It might be useful to use your Diabetes Diary in order to keep track of your blood glucose values and insulin doses.

Your doctor or nurse can give you information and advice on how to adjust the dose relative to your blood glucose value in order to achieve simple and safe control of your blood glucose.

How to take Apidra

Apidra is a transparent solution that is ready for use. It does not have to be mixed or shaken. Your doctor or nurse can provide you with information about where on the body to inject Apidra and what injection schedule to use.

For practical reasons, it is most common to inject mealtime insulin in the abdomen. With Apidra the injection site can be varied. Select between the following sites:



Remember that the uptake of Apidra may vary between the areas indicated.

Your doctor can tell you at which mealtimes you must take Apidra. When you do need Apidra, take it directly before the meal (0-15 minutes) or directly after.

The dose you need to take will depend on your lifestyle, the results of blood glucose tests and any previous insulin usage. If you switch from another insulin to Apidra, your dosage may have to be adjusted.

Carefully follow your doctor's instructions concerning what dose level of Apidra is right for you.

You can find more information about diabetes at www.insulin.se
You can also read about different types of insulin at www.fass.se
For further information about Apidra, see the package leaflet

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