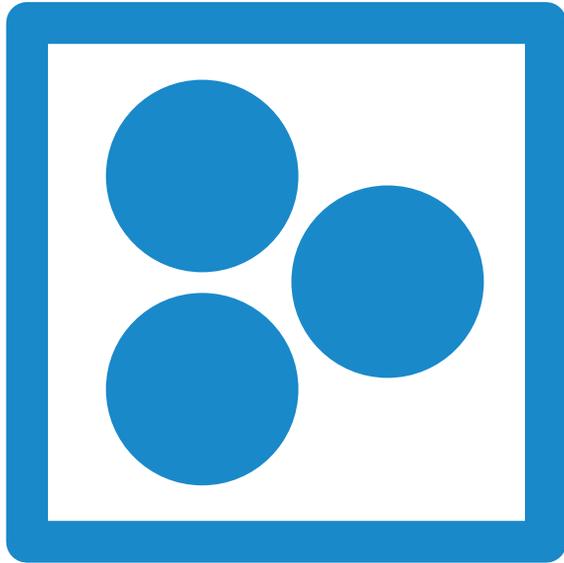


PATIENT INFORMATION



To those receiving Insuman Basal

We have written this brochure for those of you who have diabetes and have been prescribed Insuman Basal by your doctor. The primary goal of all diabetes treatment is to achieve as normal a blood sugar level as possible, while simultaneously feeling good.

If you have any questions regarding your diabetes treatment, you should never hesitate to ask your nurse or doctor.

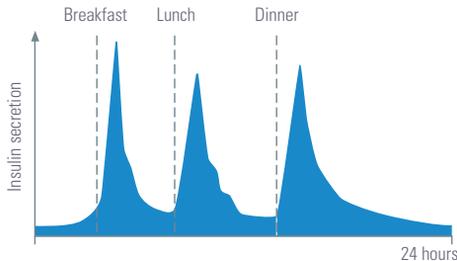
Why do I need a basal insulin?

When you have eaten, what goes into you is converted to sugar, among other things. This means that the level of sugar in the blood rises, and the body's need for insulin increases. Even between meals and at night, the body needs insulin, albeit at a low and constant level.

Insulin is a hormone that helps the body regulate the level of sugar in the blood.

A basal insulin helps the body maintain a steady level of insulin throughout the day.

The body's own, normal insulin secretion



Too high, too low or normal blood sugar level

If the level of sugar in the blood becomes too high or too low, problems can occur. If you have long periods of high blood sugar levels, some of the body's organs can become damaged. If the blood sugar level drops too low, the body does not get enough energy. This may, for example, be because you ate too little, exercised more than usual or are taking a dose of insulin that is too high.

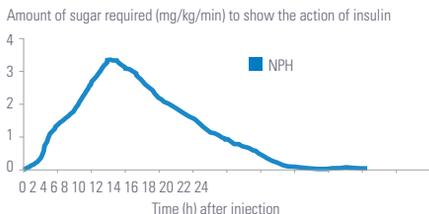
You may be aware of it in different ways. Most often it manifests itself in the form of difficulties concentrating, sweating, fatigue, irritation or hunger. This is called hypoglycaemia.

Your doctor or nurse can provide more information about what you should do if you experience hypoglycaemia. You must always address hypoglycaemia.

Insuman Basal - basal insulin

Classification of insulin in different types is based on the speed of onset and the duration. Insulin is divided into *mealtime and basal insulin*. There is also insulin that is a mixture of long and short-acting insulin, called *combined insulin*.

Insuman Basal is an intermediate-acting basal insulin with a gradual onset.



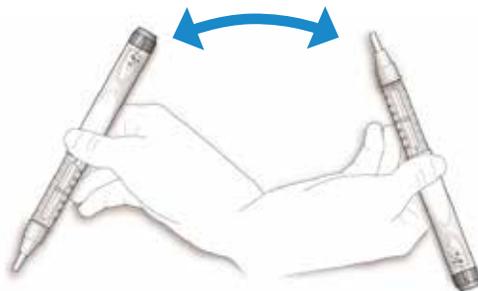
Depending on your lifestyle and the results of blood sugar (glucose) tests, your doctor will determine how much Insuman Basal you will need per day and how often you need to inject it. If you have very low or no insulin production at all, you may also need insulin at mealtimes.

Before you inject Insuman Basal

When you start with a new cartridge or new pre-filled pen, take it out of the fridge 1 – 2 hours before.

Insuman Basal must be mixed before injection. This is important in order to ensure the correct dose of insulin. The mixing is best done by gently inverting the pen back and forth at least 10 times.

Each cartridge contains three small metal balls to facilitate quick and thorough mixing of the contents. The insulin must be mixed before each injection.



Invert the pen, back and forth, at least 10 times.

After mixing, the fluid shall have a uniformly milky appearance. Insuman Basal must not be used if the liquid remains clear, for example, or if clumps, particles or flocculation appear in the insulin. In such cases, a new pen must be used.

Follow the pen manufacturer's instructions when loading your pen with Insuman Basal. Always use a new needle to inject Insuman Basal.

Store Insuman Basal properly

Cartridges or prefilled pens in unopened packaging are to be stored in a refrigerator (2 ° C to 8 ° C). Insuman Basal must not be frozen. Do not, therefore, store Insuman Basal next to the freezer compartment or a freezer pack. Keep the prefilled injection pen in the outer carton.

During use or carried as a spare, Insuman Basal may be stored for a maximum of 4 weeks below 25 °C, away from direct heat (such as next to a heating unit) or direct light (such as sunlight or next to a lamp).

During use, the pen must not be stored in the refrigerator. If there is insulin left over after 4 weeks of use, discard the cartridge or prefilled pen.

Check your fasting blood sugar

It is important that you have a good knowledge of your fasting blood sugar. These values give you the information you need in order to titrate Insuman Basal, in consultation with your doctor or nurse. Please use the Diabetes Diary to monitor your blood sugar levels and insulin doses.

Your doctor or nurse will give you information and advice on how to adjust the dose relative to your blood glucose, in order to easily and safely achieve good blood sugar control.

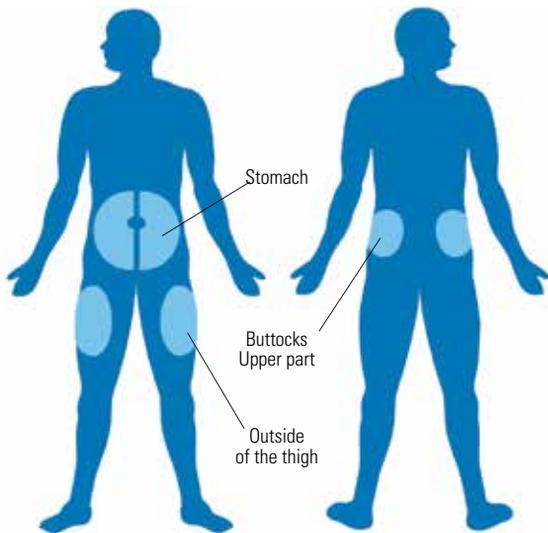
How to take Insuman Basal

Your doctor or nurse will provide information on the dosing schedule and where on your body you should inject Insuman Basal. With Insuman Basal, it is possible to vary the injection site.

Choose from the following sites:

The dose you should take depends on your lifestyle and the results of blood sugar tests.

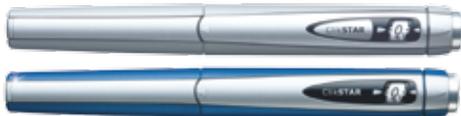
Carefully follow the instructions your doctor or diabetes nurse provides about what to do when you inject insulin and the dose of Insuman Basal that is right for you.



Insulin pens



SoloSTAR® is a pre-filled insulin pen where the dose is adjusted in increments of 1 unit. The maximum dose is 80 units per injection.



ClikSTAR® is an insulin pen that is loaded with cartridges. It is available in silver and blue. You set the dose in increments of 1 unit. The maximum dose is 80 units per injection.

More information on all our insulin pens is available at www.insulin.se.

INSUMAN® Basal
insulin human (isophan)

Insuman®Basal (insulin human, isophan) R, F, 100 IU/ml suspension for injection is a human insulin (biosynthetic) with gradual onset and long duration. Indication: Diabetes mellitus, where treatment with insulin is required. Packaging: Insuman Basal SoloSTAR 5x3 ml cartridges. For further information and the latest pricing information see www.fass.se. Date of last revision 01/02/2011.

Questions about our diabetes pens:
020-52 68 87

For more information about diabetes, visit www.insulin.se
You can also read about different insulins at www.fass.se
For more information about Insuman Basal, see product insert