

A Guide for Getting Started on



insulin glargine injection 300 Units/mL



Actual Toujeo patient.
Individual results may vary.

 **Toujeo® Max SoloStar®**
insulin glargine injection 300 Units/mL

 **Toujeo® SoloStar®**
insulin glargine injection 300 Units/mL

Please read the Instructions for Use that come with your pen
or [click here](#) for full Prescribing Information including
Instructions for Use.

A1c reduction meets stable blood sugar level control with once-daily Toujeo //

Say hello to once-daily Toujeo, a long-acting insulin that helped maintain blood sugar levels in the American Diabetes Association (ADA) target zone (80-130 mg/dL) for up to 36 hours.

Proven A1c reduction

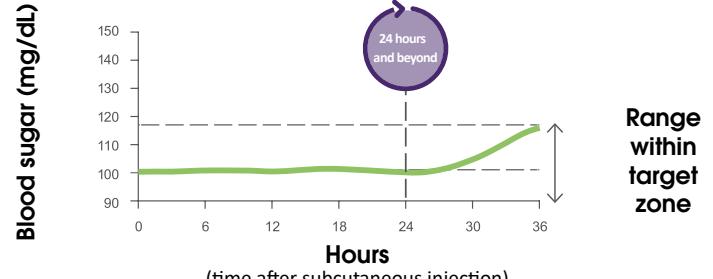


Toujeo provides proven significant A1c reduction



Stable blood sugar levels around the clock

Blood sugar levels stayed within the ADA target zone (80-130 mg/dL) for up to 36 hours



Toujeo should be taken at the same time every day, once a day. Results based on a study of 30 patients; study size is typical for this type of study. May not apply in everyday use.

What is Toujeo

Prescription Toujeo is a long-acting man-made insulin used to control high blood sugar in adults and children who are 6 years of age and older with diabetes mellitus.

- Toujeo is not for use to treat diabetic ketoacidosis
- It is not known if Toujeo is safe and effective in children under 6 years of age

Important Safety Information

Do not take Toujeo if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo.

Please see full Important Safety Information on page 15 and 16.
Please [click here](#) for full Prescribing Information.

One medicine – Two insulin pen options //

Both pens contain the same medicine and use the smallest needle made for insulin pens.

Key differences between the pens

Maximum dose:
160 units per injection

Adjust your dose in:
2 unit increments

Units per pen: 900

Toujeo® Max SoloStar®



Maximum dose:
80 units per injection

Adjust your dose in:
1 unit increments

Units per pen: 450

Toujeo® SoloStar®



The Max SoloStar pen is recommended for patients who need at least 20 units of insulin per day.

Key shared features:

- Same pen size
- 5-second hold time
- Lowest insulin injection volume when compared to a unit of any other long-acting insulin
- Can be stored outside the fridge for 8 weeks after first use. Once opened, store at room temperature (below 86°F).

Scan the QR code to watch this video for additional instructions.

Amy, an actual Toujeo patient, demonstrates how to use the Toujeo SoloStar and Toujeo Max SoloStar pens.
www.toujeo.com/how-to-use-toujeo-insulin



Before injecting //

Work with your doctor to determine which pen is best for you and set your goals. Write them down in the charts found below:

My Pen: Max SoloStar®

SoloStar®

My starting dose of Toujeo: _____

Adjust by: _____ unit(s) every _____ day(s)

or as follows: _____ until

I get to _____ glucose

levels before morning meals.

In case of hypoglycemia, this is my plan:

My target blood sugar ranges are:

Fasting/before meals: _____ mg/dL to _____ mg/dL

2 hours after meals: Less than _____ mg/dL

My A1c level is: _____ My A1c goal is: _____

Important Safety Information

Do not share your pen(s) with other people, even if the needle has been changed.

You may give other people a serious infection, or get a serious infection from them.

Before starting Toujeo, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

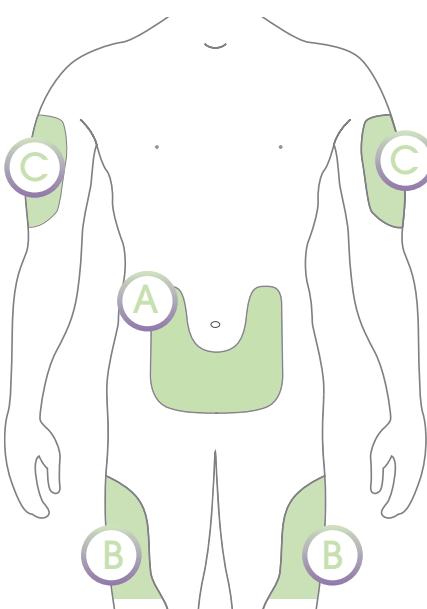
Please see full Important Safety Information on page 15 and 16.
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Injection Zones //

Toujeo should be injected under the skin (subcutaneously). Do not use Toujeo in an insulin pump or inject Toujeo into your vein (intravenously).

A. STOMACH

Inject anywhere except within 2 inches around your belly button.



B. THIGHS

Avoid injecting too close to the bony area above your knee.

C. UPPER ARMS

Inject in the soft area on the backside of your upper arm.

Change (rotate) your injection sites with each dose to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. Do not use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred or damaged.

A few key points to remember:

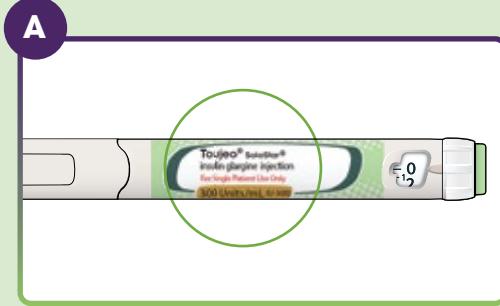
- Check your pen to make sure it's the correct one (Max SoloStar or SoloStar)
- Always attach a new needle prior to dialing a dose
- Always perform a safety test—both on a new pen and before every injection—to ensure the pen and needle are working
- If your pen is damaged or not working properly, don't use it
- Always carry a spare pen and spare needles in case they are lost or stop working.
- Never inject into a vein or reuse needles
- Change (rotate) where you inject each time, as your doctor instructs



Instructions for use //

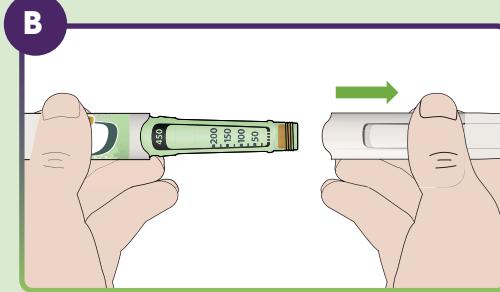
1 Prep your pen

First, take your new pen out of the fridge at least 1 hour before use. (Cold insulin may be more painful to inject.)

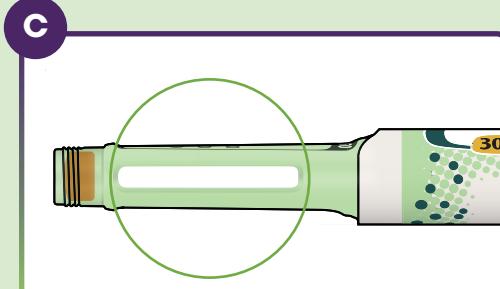


Double check to make sure it's the correct pen.

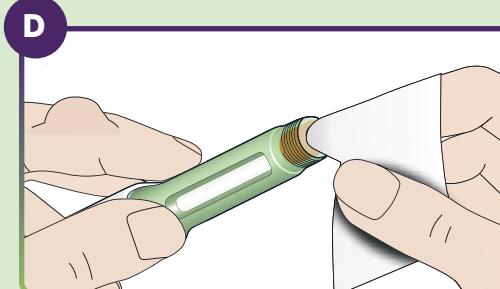
In case you have multiple pens—for diabetes or other conditions—check the name and expiration date on your pen to be sure you've got the right one; and do not use a pen after the expiration date printed on the label.



Start off with clean hands, then remove the cap and make sure the insulin is clear. Don't use the pen if the insulin looks cloudy, colored, or contains particles.



If you see air bubbles inside the window, don't worry, it's normal.

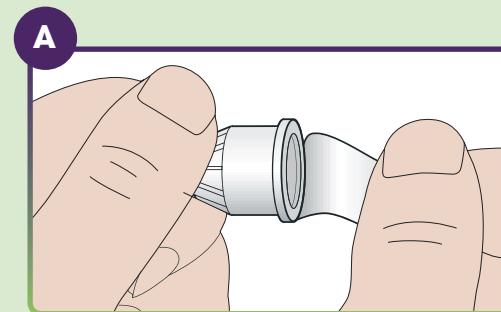


Wipe the rubber seal with an alcohol swab.

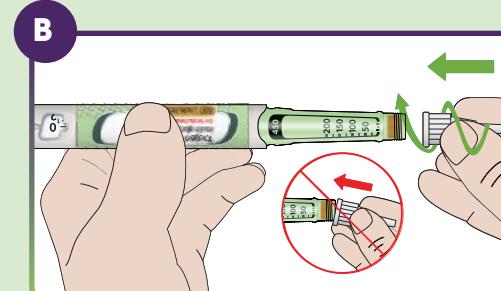
Please see full Important Safety Information on page 15 and 16.
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2 Attach a new needle

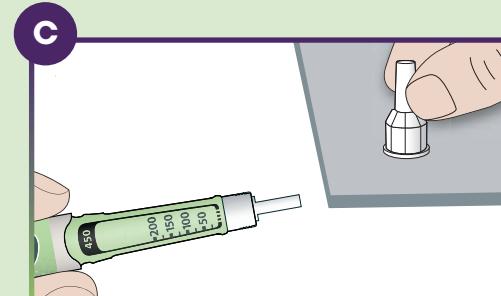
You'll notice when you open your new pen, there's no needle. Attach a new one, and do so again every time you inject. **Never reuse needles**, and always use needles* from BD (such as BD Ultra-Fine®), Ypsomed (such as Clickfine®), or Owen Mumford (such as Unifine® Pentips®).



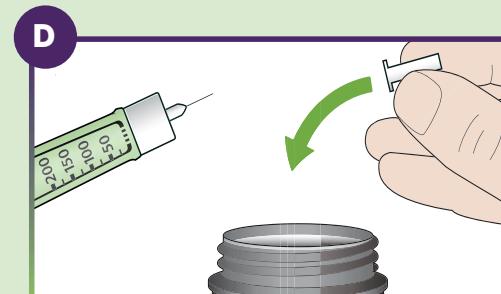
Take a new needle and peel off the protective seal.



Be careful when you are handling needles to help prevent accidental needle-stick injury. You may give other people a serious infection, or get a serious infection from them.



Pull off the outer needle cap and keep it for later when removing the needle.

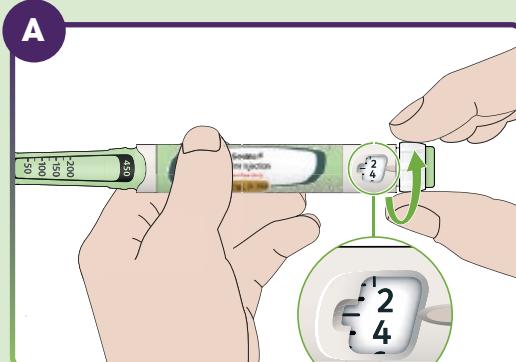


Then pull off the inner needle cap and throw it away.

Instructions for use //

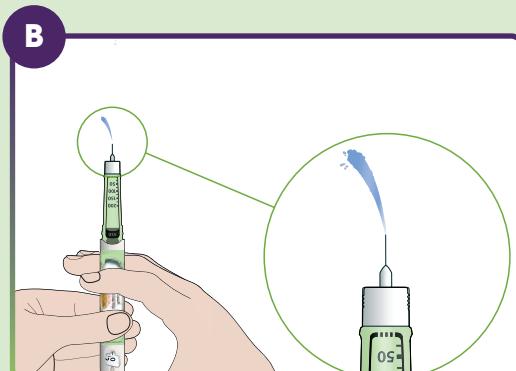
3 Do a safety check

OK, this is really important: **Always perform a safety test before each injection.**



Max SoloStar: Select 4 units by turning the dose selector until the dose pointer is at 4.

SoloStar: Select 3 units by turning the dose selector until the dose pointer is between 2 and 4.



Then press the injection button all the way in. When insulin comes out of the needle tip, your pen is good to go.

If no insulin comes out, repeat this step a few times. If nothing changes after 3-6 tries, depending on the pen you have, change the needle and try again. Still no insulin coming out? The pen might be damaged, so use a new one.

Note: Never use a syringe to remove insulin from your pen.

4 Select your dose

You'll notice dose unit increments vary by pen.



- Dose is adjusted in **2-unit** increments on the dose selector dial



- Dose is adjusted in **1-unit** increments on the dose selector dial

For both the Max SoloStar and SoloStar pens:

Make sure a needle is attached, and the dose is set to "0" then turn the dose selector until it lines up with your dose. If you turn past it, turn back. Make sure the window shows your prescribed dose.

When using the pens, do not dial your dose by counting the clicks. You may dial the wrong dose.

People who have vision problems should not use these pens without help from a person trained to use them.

If there aren't enough units left for your full dose, the selector will stop at however many units are left. So you may need to do a 2nd injection to get your full dose. **To prevent jamming, don't play with or press the dial before use.**

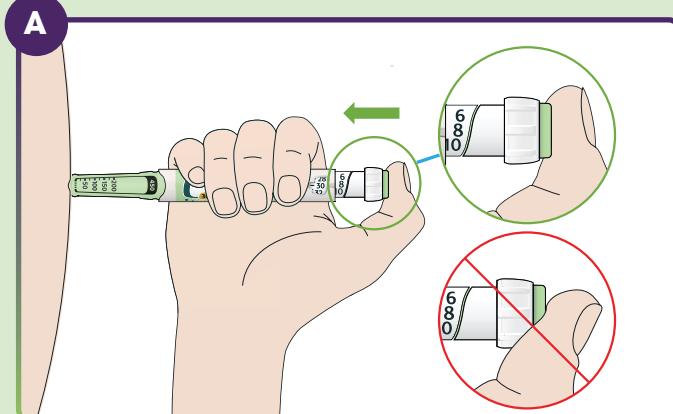


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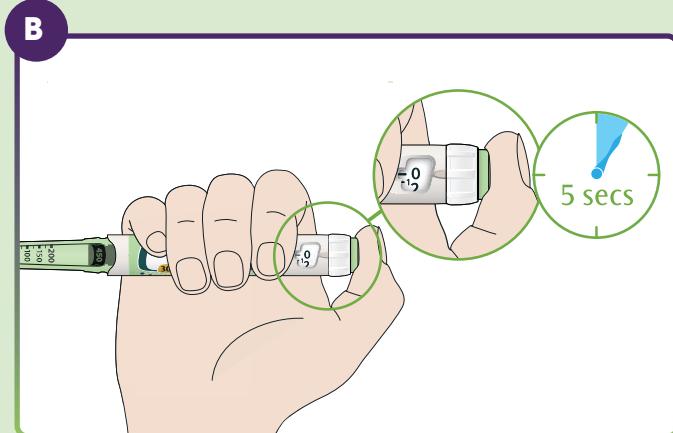
Instructions for use //

5 Injection time

Choose a place to inject (Injection Zones shown on page 4) and wipe it clean with an alcohol swab before injecting.



Keeping the pen straight, push the needle into your skin, and then press the button all the way in with your thumb and hold. Try not to press at an angle; you don't want your thumb to block the dose selector from turning.



When you see "0" in the dose window, slowly count to 5 to ensure you have the full dose. Then release the injection button and remove the needle from your skin. You're done! (We knew you could do it.)

A reminder about finding your dose:

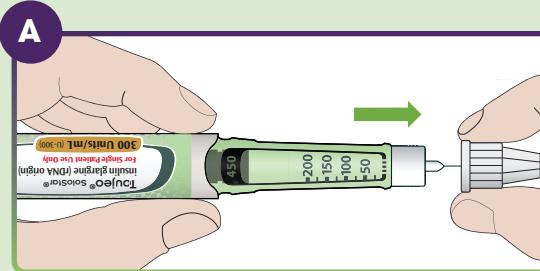
Whether you're new to insulin or already on it, your dose may be adjusted over time until your doctor finds the dose of Toujeo that's right for you.

Since everyone's diabetes is different, sometimes it just takes a bit of fine-tuning based on your needs.

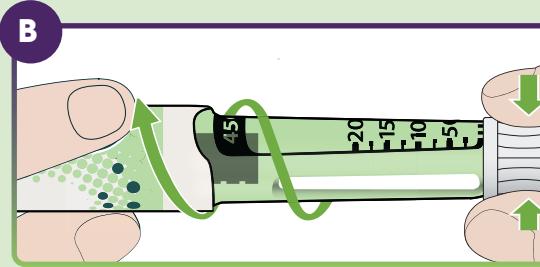
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6 Toss the needle

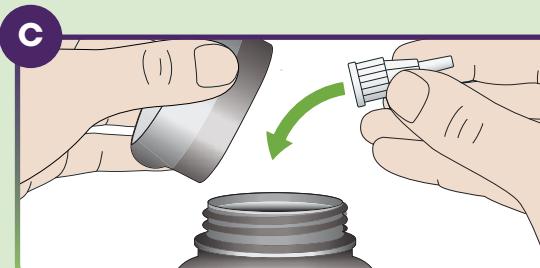
Remember the cap you placed aside earlier? It's designed to remove the needle, too, so grab that now.



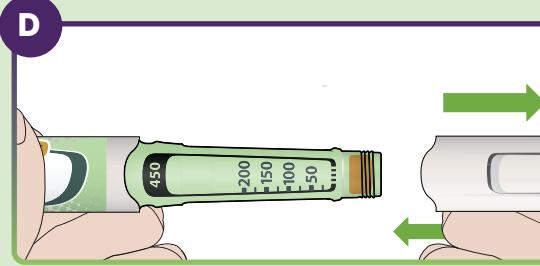
Place the cap back over the needle, then push firmly. (Careful: the needle can puncture the cap if recapped at an angle.)



Now hold the cap firmly while using your other hand to unscrew the pen until they separate.



Toss the used needle in a "sharps" container or empty plastic bottle. (More on sharps containers and disposing of needles in your *Instruction Leaflet*.)



Replace the cap to protect pen until your next injection. Do not put the pen back in the refrigerator. Keep your pen at room temperature below 86°F (30°C) for up to 56 days after its first use.

Need help?

If you have any questions about your pen or about diabetes, ask your healthcare provider, go to www.Toujeo.com or call Sanofi-Aventis at 1-800-633-1610.

Quick tips on storing your Toujeo SoloStar and Toujeo Max SoloStar pens

Before you open it:



Store your pen in the refrigerator between 36°F and 46°F (2°C and 8°C) in the box provided. And keep the pen cap on!



Never freeze your pen. Once it has been frozen, it cannot be used.



Your pen can remain refrigerated until the expiration date.



Discard pens after the expiration date.

Scan the QR Code to access additional resources if you're starting or switching to Toujeo.
www.toujeo.com/living-with-diabetes



Important Safety Information

Change (rotate) your injection sites within the area you chose with each dose to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred or damaged.

Things to remember when you are ready to use your Toujeo SoloStar or Toujeo Max SoloStar pen

After you open it:



Make sure your pen stays below 86°F (30°C). And, never put your pen back in the fridge once it has been opened.



Keep your pen out of direct heat and light.



If it has been 56 days since the first use, dispose of the pen properly. Even if there is still insulin inside.

Key points to remember:

- Never use beyond the expiration date stamped on the label
- Never use if insulin is cloudy, colored, or has particles floating in it
- Never store your pen with the needle attached
- Never share your pen with other people, even if the needle has been changed



Safety tips for disposing of used needles

Remember to attach a new needle every time you inject. Never reuse the needles. After each injection, it is important to dispose of the needles safely. Here is how:



Place the used needles (known as "sharps") in a sharps container, which can be bought at a local drugstore.



Needles can be dangerous, so make sure you bring your sharps container to a proper collection site. And, never place them in the trash, recyclables, toilet, or down a sewer drain.

Where to get rid of your sharps container?

- Most doctors' offices, hospitals, pharmacies, health departments, or fire stations can collect sharps containers
- Ask your doctor or pharmacist about other locations
- Visit resource-recycling.com or fda.gov/safesharpsdisposal

Please see full Important Safety Information on page 15 and 16.
Please [click here](#) for full Prescribing Information.

Frequently asked questions //

Q Can I leave the needle on and use it again later?

A No. Do not store your pen with the needle attached, the needle could get clogged or contaminated, or air could enter your insulin. Not changing your needle could lead to risk of infection. It could also lead to issues with the pen, such as leaking or jammed dosage knobs. This is why you should always attach a new needle before each injection.

Q Will it take long to get to the right dose of Toujeo?

A Your healthcare provider may recommend a starting dose of Toujeo, and adjust it over time to the dose that helps you reach your blood sugar goals. This is called titration. Even after you find the dose that may be right for you, know that your healthcare provider may still adjust it from time to time because your lifestyle or diabetes may change.

Q How often do I take Toujeo?

A You should take Toujeo once a day, at the same time each day. And remember, it is important to also check your blood sugar levels when taking insulin such as Toujeo.

Q How often should I do a safety test?

A Before every injection. This can prevent experiencing issues with the dosage knob on your pen.

Important Safety Information

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo. Your treatment with TZDs and Toujeo may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Please see full Important Safety Information on page 15 and 16.
Please [click here](#) for full Prescribing Information.

Q What if I turn the dosage knob without the needle attached?

A This could potentially damage your pen, and keep you from using the insulin in your pen.

Q What is the most common side effect while using Toujeo?*

A The most common side effect of any insulin, including Toujeo, is low blood sugar (hypoglycemia), which may be serious and can be life-threatening. Severe hypoglycemia may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision. Contact your healthcare provider if you have any side effect that bothers you or is not resolved.

*You are encouraged to report side effects of prescription drugs to the (Food and Drug Administration) FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Q Can Toujeo be taken with diabetes pills?

A Yes, but your doctor will determine what medications are right for you. Talk with your doctor about the medications and supplements you take, especially those known as thiazolidinediones (TZDs) because they can change how insulin works.

Q What if there is not enough insulin left in my pen to inject?

A If there is not enough insulin for your dose, do not worry: you can use another pen to finish your dose. Remember, though: always use a new needle and follow the Instructions for Use that comes with your pen. The pen would not let you dial more than the number of units left in it. For example, if you need 41 units and there are only 12 left in the pen, you will need 29 units from the new pen.



“After working with my doctor, Toujeo became another part of my daily routine.”

-Bill, Actual Toujeo patient

Important Safety Information //

Do not take Toujeo if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo.

Do not share your pen(s) with other people, even if the needle has been changed.

You may give other people a serious infection, or get a serious infection from them.

Before starting Toujeo, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

Change (rotate) your injection sites within the area you chose with each dose

to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred or damaged.

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo. Your treatment with TZDs and Toujeo may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Tell your doctor about all the medications you take, including OTC medicines, vitamins, and supplements, and herbal supplements.

Toujeo should be taken at the same time once a day. Test your blood sugar levels daily while using any insulin. Do not change your dose or type of insulin without talking to your doctor. Verify you have the correct insulin before each injection. **Do NOT use a syringe to remove Toujeo from your pen.** Your dose for Toujeo may be different from other insulins you have taken. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Toujeo with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Use Toujeo only if the solution is clear and colorless with no particles visible.

While using Toujeo, do not drive or operate heavy machinery until you know how Toujeo affects you. Don't drink alcohol or use other medicines that contain alcohol.

The most common side effect of any insulin, including Toujeo, is low blood sugar (hypoglycemia), which may be serious and life-threatening. Severe hypoglycemia may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision.

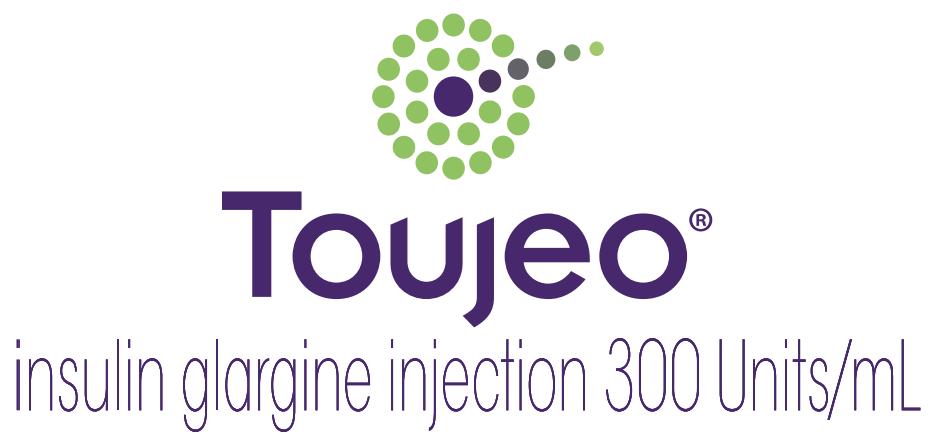
Toujeo may cause severe allergic reactions that can lead to death. Get medical help right away if you have:

- A rash over your whole body
- Shortness of breath
- Swelling of your face, tongue, or throat
- Extreme drowsiness, dizziness, or confusion
- Trouble breathing
- Fast heartbeat
- Sweating

Toujeo may have additional side effects including swelling, weight gain, low potassium, and injection site reactions which may include change in fat tissue, skin thickening, redness, swelling, and itching.

Toujeo® SoloStar® and Toujeo® Max SoloStar® are single-patient-use prefilled insulin pens. It is important to perform a safety test when using a new pen for the first time. Talk to your doctor about proper injection technique and follow instructions in the *Instruction Leaflet* that comes with the pen.

Please [click here](#) for full Prescribing Information.



Visit: toujeo.com

Discover More Support!



Get Help - there's a lot to think about when you're starting a new medication. Check out tools, videos, and tips to get you going in the right direction and help keep you on track, all available on [TeamingUp.US](https://teamingup.us)

