

# STARTING ON AND STAYING ON TOUJEO®

(insulin glargine) injection 300 Units/mL

**Whether you're new to insulin or switching from another insulin, getting your dosage right is critical to managing your diabetes.**

## STARTING ON THE RIGHT DOSE

### **If you're new to insulin:**

Your doctor will decide your dosage based on your needs, your blood sugar test results, and your blood sugar goal number.

### **If you're already on insulin:**

You can expect to start on the same dose as your other long-acting insulin.

## CREATING A ROUTINE

Taking Toujeo at the same time every day may help keep your blood sugar in control around the clock. To help ensure you stay on schedule, establish a routine to make it easier for you. Below are a few suggestions that may help. You can find more support at [TeamingUp](#).



**After your morning walk**



**Before your favorite show**



**Right before bed**

**Other routine that works best for you.** \_\_\_\_\_

### **What is Toujeo U-300 (insulin glargine) injection 300 Units/mL?**

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 the treatment of diabetic ketoacidosis
- It is not known if Toujeo is safe and effective in children under 6 years of age

### **Important Safety Information for Toujeo U-300 (insulin glargine) injection**

Do not use 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 for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

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## WHY IS MY DOSE CHANGING?

Diabetes is a progressive disease, and sometimes your doctor may need to adjust the dose of your medicine. It's often called titration, and it's a normal part of the process. Your doctor may give you a low dose at first, then increase your dose slowly over time. It's okay to talk to your doctor about this and be part of the decision-making process.



### Once you have the right dose, there are some important things to do:

- Take your insulin at the same time every day
- Check your blood sugar daily
- Take your medications exactly as prescribed

All of this will help your doctor evaluate your dosing and know when adjustments have to be made.

**Working with your doctor, decide which pen works best for you. Then set your goals. You can use this chart to write them down or download one [here](#).**

1. This is my starting dose of Toujeo: \_\_\_\_\_
2. I need to adjust it by \_\_\_\_\_ unit(s) every \_\_\_\_\_ day(s)  
or as my doctor indicates: \_\_\_\_\_
3. My glucose levels need to reach \_\_\_\_\_ before  
morning meals.

### Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

**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.

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## KNOW YOUR BLOOD SUGAR GOALS

There are two numbers you need to know when taking insulin: **your A1C and your blood sugar.** Ask your doctor what your goals should be for both and write them down.

**Blood sugar**, also known as blood glucose, is the amount of sugar in your blood at any given time. Your doctor will tell you exactly when you should measure your blood sugar.

**A1C** is your average blood sugar level over 2 to 3 months. This lets you and your doctor know how well your blood sugar is being controlled over time. Your A1C should be measured during doctor visits twice a year if you're meeting your treatment goals.

Learn more about your blood sugar goals [here](#).



Get support at [TeamingUp](#) to help you manage your diabetes. Learn how to plan and cook delicious meals, create exercise routines, and more. You can also access this information by scanning the code.



## Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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 pitted or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) 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.

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## HYPOGLYCEMIA: HAVING A PLAN

**For all insulins, including Toujeo, the most common side effect is hypoglycemia, also known as low blood sugar.** This is typically defined as when your blood sugar level is below 70 mg/dL, but you can confirm this with your doctor.

**You should be familiar with the symptoms of hypoglycemia, which may include:**

- Feeling cold
- A rapid heartbeat
- Nausea
- Shakiness or dizziness
- Hunger
- Confusion

## WHAT TO DO IF YOU HAVE A HYPOGLYCEMIC EVENT

**IMPLEMENT THE PLAN THAT YOU AND YOUR DOCTOR HAVE DISCUSSED.**

Eat 15 grams of carbohydrates to raise your blood sugar, such as:

- glucose tablets (see instructions)
- 1/2 cup of fruit juice
- 6 to 8 hard candies
- 1 tablespoon of honey

After 15 minutes, check your blood sugar again. If it's still below 70 mg/dL, repeat by eating 15 grams more of fast-acting carbohydrates. Once you've reached that level, have a meal or snack to make sure it doesn't get too low again. Let your doctor know if you have experienced hypoglycemia. Preventing and managing hypoglycemia is an important part of your treatment plan.



## PAY NO MORE THAN \$35\* IN CO-PAYS

**Have insurance?** Be sure to download your co-pay savings card.

**Don't have insurance?** Sanofi offers the Valyou Savings Program, which provides users with a prescription cost of \$35.\* Find out more about both programs [here](#).

\*See Eligibility Restrictions & Offer Terms below.

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## Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

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 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. The long-acting effect of Toujeo may delay recovery from low blood sugar compared to shorter-acting insulins.

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 your Toujeo SoloStar or Toujeo Max SoloStar pen.

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**Insulins Valyou Savings Program: This savings program is not insurance.** For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs, or commercial/private insurance. Only patients without prescription medication insurance can apply for this offer. Void where prohibited by law. For the duration of the program, eligible cash paying patients will pay \$35 per 30 Day Supply. To pay \$35 per 30 Day Supply, you must fill all your Sanofi Insulin prescriptions at the same time, together each month. The Insulins Valyou Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Insulins Valyou Savings Program at (833) 813-0190 (8:00 am-8:00 pm EST, Monday-Friday).

**Sanofi Insulins Co-pay Savings Program: This savings program is not insurance.** For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs. If you have an Affordable Care (Health Care Exchange) plan, you may still be qualified to receive and use this savings card. Please note: the Federal Employees Health Benefits (FEHB) Program is not a federal or state government health care program for purposes of the savings program. Void where prohibited by law. For the duration of the program, eligible commercially insured patients pay no more than \$35 per 30-day supply, up to 10 packs per fill; Offer valid for one fill every 30 days. Savings may vary depending on patients' out-of-pocket costs. The Sanofi Insulins Co-pay Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Sanofi Insulins Co-pay Savings Program at (866) 255-8661 (8:00 am-8:00 pm EST, Monday-Friday).

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