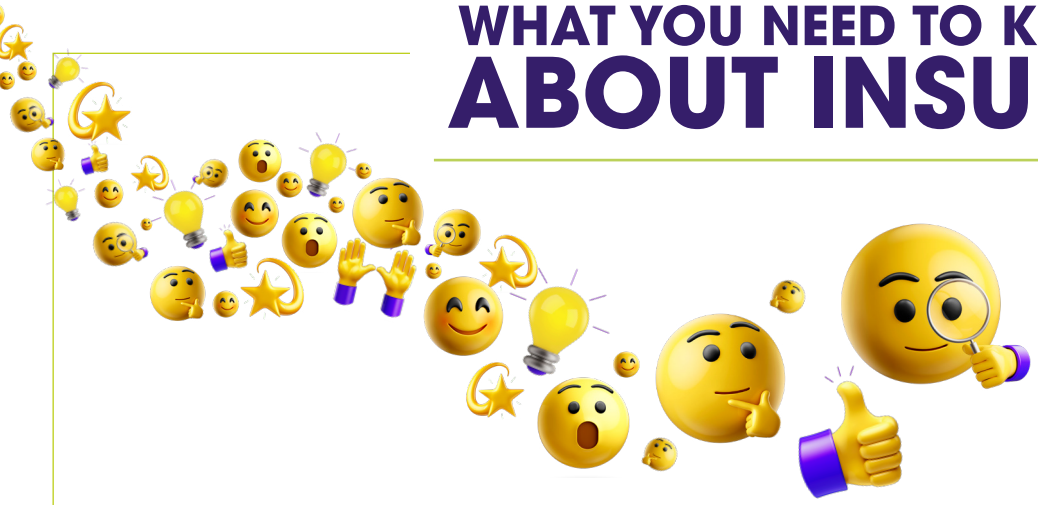
WHAT YOU NEED TO KNOW ABOUT INSULIN



INSULIN:
IT'S KEY TO BLOOD SUGAR CONTROL.

Understanding what insulin is and knowing about this hormone your body naturally produces can help. Here's where you'll find the basics about insulin and get answers to questions you may have.

ABOUT INSULIN

What is insulin?

Insulin is a hormone the pancreas makes to help your body use blood sugar for energy — or store it for later use.

What role does it play in your body?

The cells in your body need sugar for energy. But sugar cannot go into most of your cells directly, so that's where insulin comes in. Insulin helps keep your blood sugar levels from getting too high, which can be dangerous.

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.

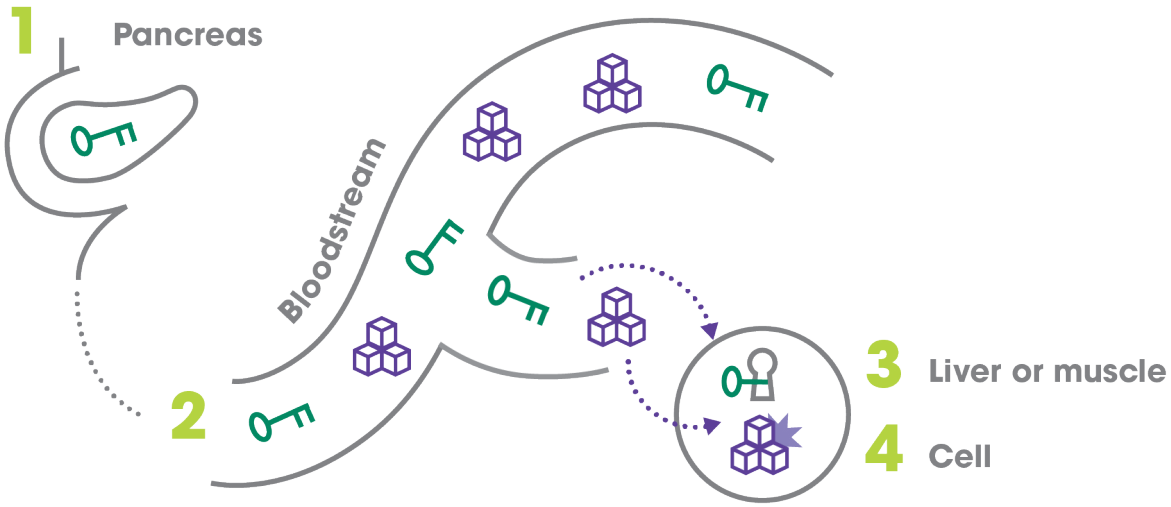
Toujeo®
insulin glargine injection 300 Units/mL

HEALTHY BLOOD SUGAR LEVELS

WHY IS INSULIN IMPORTANT?

When we eat, most of our food breaks down into its basic components. One of them is glucose (sugar), which runs into our bloodstream. Turning blood sugar into energy that our cells can use requires insulin.

Normally, just the right amount of insulin is released from the pancreas to help the body use or store the sugar it gets from food.



1 Pancreas releases insulin into the blood

2 Sugar and insulin travel through the blood

3 Insulin "unlocks" cells to help let sugar in

4 Sugar enters the cells and is turned into energy, or is stored in the liver and muscles for later use

Sugar | Insulin | Insulin receptor

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.

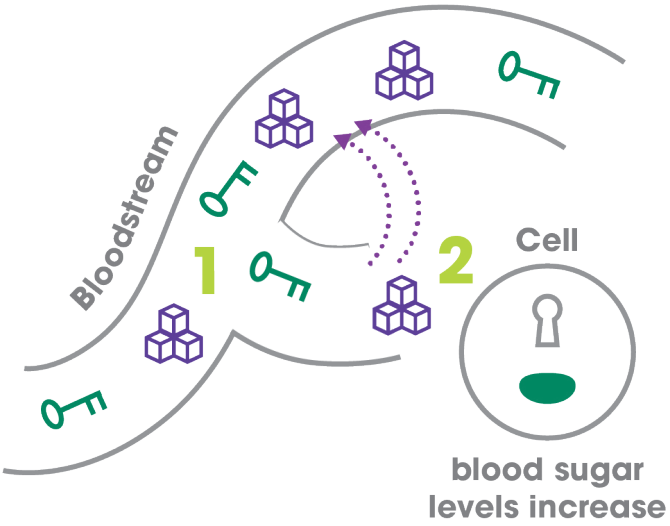
Please see full Important Safety Information for Toujeo throughout. Please click here or visit https://products.sanofi.us/toujeo/toujeo.pdf for full Prescribing Information for Toujeo.

ABOUT TYPE 2 DIABETES

WHAT IS TYPE 2 DIABETES?

For people with type 2 diabetes, the pancreas does not produce enough insulin or the body can't properly use the insulin it produces to keep their blood sugar controlled.

Insulin resistance is the term sometimes used when the body can't correctly use the insulin it produces.



1 The body does not make enough insulin and/or does not produce it properly

2 As a result, the body's cells are less able to receive and use sugar

Sugar Insulin Insulin receptor

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

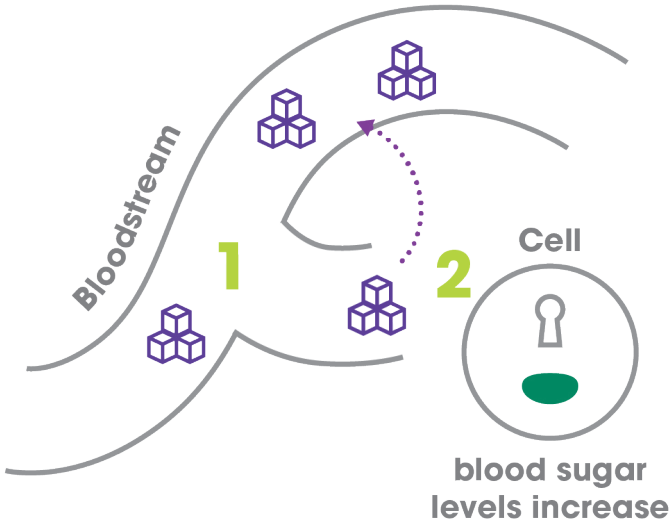
Before starting Toujeo, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

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.

ABOUT TYPE 1 DIABETES

WHAT IS TYPE 1 DIABETES?

For people with type 1 diabetes, the body does not produce insulin at all and is managed with insulin therapy and other treatments.



1 The body doesn't make insulin

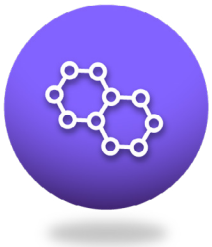
2 Without insulin, the body's cells are unable to receive and use sugar

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

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.

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.

WHAT ABOUT HIGH AND LOW BLOOD SUGAR?



TWO HORMONES YOUR BODY NEEDS

Insulin is a hormone your pancreas produces naturally to help your body use blood sugar for energy—or store it for later use. It helps keep your blood sugar levels from getting too high. Your pancreatic beta cells make it. There's a second hormone that's also produced in the pancreas. It's called glucagon and your pancreatic alpha cells make it.

Together, these two hormones help maintain a balance in your body and keep your blood sugar stable at all times. But even with the help of these two hormones, your blood sugar can still get out of balance. Diabetes is a progressive disease that requires adjustments to how its treated. Keep reading to learn more about high and low blood sugar.

WHAT IS HIGH AND LOW BLOOD SUGAR?

Even if you watch what you eat, you work out, and you follow your doctor's plan for taking your medicines, your blood sugar may not always be where it should be.

When this happens, you could have hyperglycemia (high blood sugar) or hypoglycemia (low blood sugar). And either one can be a problem. This is common to all insulins. So speak with your doctor about the warning signs of high blood sugar and low blood sugar. That's a great first step in creating a plan if either one happens to you. Tracking your blood sugar daily will help you and your doctor stay informed about how your treatment is working. Get your daily blood sugar log **here**.

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

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.

KNOW YOUR BLOOD SUGAR GOALS

There are usually two numbers you need to know when taking insulin: your A1C and your blood sugar level. Ask your doctor about your goals 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. Most people should check their blood sugar before and after meals and at bedtime, but your doctor will tell you exactly when you should. Get your blood sugar log **here**.

1. My blood sugar goal:

Pre-meal _____ Post-meal _____

2. When I should check my blood sugar:

Fasting (morning) _____ Post-meal _____ Before bed _____

A1C, also known as hemoglobin A1C, is your average blood sugar level over 2 to 3 months. This gives you and your doctor a better picture of how well your blood sugar is being controlled over time. It should be measured during doctor visits every few months.

3. My A1C goal: _____

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

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

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.

WHAT ARE THE SYMPTOMS OF LOW BLOOD SUGAR?

When taking any medication, it's important to understand how it might affect your body. With insulin, the most common side effect is hypoglycemia, also known as low blood sugar. This is when your blood sugar levels drop below 70 mg/dL.

Some people may experience symptoms of low blood sugar, such as:

- Shaking
- Sweating
- Fast heartbeat
- Blurred vision

Some people may experience no symptoms at all. So, checking your blood sugar is key. Talk with your doctor to learn more about the signs and symptoms of low blood sugar.

IF YOU HAVE A HYPOGLYCEMIC EVENT

You and your family should take immediate action. Eat 15 grams of carbohydrates to raise your blood sugar, like:

- 3 or 4 glucose tablets
- 6 to 8 hard candies
- 1/2 cup of fruit juice
- 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 70 mg/dL, have a meal or snack to make sure it doesn't get too low again.

Let you doctor know if you have experienced hypoglycemia. Preventing and managing hypoglycemia is an important part of your treatment plan.

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

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.

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.

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

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. You may report side effects to FDA at 1-800-FDA-1088.

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.

© 2025 Sanofi. All rights reserved.

MAT-US-2512481-v1.0-11/2025

Toujeo®
insulin glargine injection 300 Units/mL

sanofi