

What is most important to remember?

- Insulin detemir (Levemir®) is used to lower blood sugar. It is important to use this medicine as directed by your doctor
- Do not start any new medicines, over-the-counter drugs or herbal remedies without talking to your doctor
- Tell all doctors, dentists and pharmacists that you are using insulin detemir (Levemir®)
- Insulin detemir (Levemir®) can cause low blood sugar. Always keep a source of sugar handy for times when your blood sugar gets too low
- Do not use your insulin if it becomes cloudy or has particles in it
- Throw away all opened insulin after 28 days, even if it is not used up

If you have questions:

Ask your doctor, nurse or pharmacist for more information about insulin detemir (Levemir®)

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MEDICINE of THE HIGHEST ORDER

Strong Internal Medicine



Insulin Detemir (Levemir®): Important Patient Information



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What does insulin detemir (Levemir®) do?

- It is used to lower blood sugar in patient with high blood sugar (diabetes)

How should insulin detemir (Levemir®) be used?

- Use this medicine as directed by your doctor
- It is given as a shot into the fatty part of skin
- It is usually injected one (1) time a day with the evening meal or at bedtime. To gain the most benefit do not miss doses of this medicine
- Sometimes this medicine may be injected two (2) times a day
- Store unopened vials in the refrigerator. **DO NOT FREEZE**
- You may store opened vials, cartridges, or pens at room temperature. **Throw away any part not used after 28 days**

Who should know I am taking insulin detemir (Levemir®)?

- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

Are there any interactions with other drugs that I need to worry about?

- There are many drug interactions that may increase your risk of side effects
- Do not start new prescription, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

What side effects could occur with insulin detemir (Levemir®)?

- Low blood sugar: Signs may be dizziness, headache, feeling sleepy, feeling weak, shaking, sweating, confusion
- Upset stomach or throwing up
- Weight gain
- Skin irritation where the shot is given

What should I do if I forget to take a dose of insulin detemir (Levemir®)?

- Take the missed dose as soon as you remember
- If it is almost time for your next dose, skip the missed dose and go back to your normal dose time
- Do not take extra insulin to make up for the missed dose
- Do not use more than one dose in the same 24-hour period unless instructed by your doctor

What are some things that I need to be aware of when taking insulin detemir (Levemir®)?

- Tell your doctor or pharmacist if you have an allergy to insulin, or any other drugs, foods, or substances
- Ask your doctor, nurse or pharmacist if you have any questions on how to use insulin detemir (Levemir®)—they will be happy to show you how to use your insulin
- It is a good idea to wear a medical alert bracelet stating you are on insulin
- Check insulin before each use. It should be clear and colorless. Do not use if your insulin is cloudy or if you see particles in it
- It may be harder to control your blood sugar during times of stress like when you have a fever, infection, an injury or surgery. Talk with your doctor
- Your doctor, nurse or pharmacist will show you the best places to inject your insulin. Rotating injection sites will help reduce skin irritation
- Use each needle only once. Throw away needles in a puncture proof container (your doctor, nurse or pharmacist can tell you where to get one of these)
- Always keep a source of sugar handy for times when your blood sugar gets too low. Sugar sources include orange juice, candy, low fat milk, or glucose gel or tablets
- Check your blood sugar often, particularly during times of illness or stress, if you travel, exercise more than usual, drink alcohol or skip meals. These activities can affect your blood sugar
- Limit or avoid drinking alcohol such as beer, wine, or mixed drinks
- Be sure you have the right insulin product. Insulin products come in many containers like vials, cartridges and pens. Be sure you know how to measure and get your dose ready

If you have any of the following side effects, call your doctor or visit the emergency room immediately:

- Signs of an allergic reaction: Rash; hives; red, swollen, blistered or peeling skin with or without fever; wheezing; tightness of chest or throat; trouble breathing or talking; swelling of face, lips, tongue or throat
- Signs of infection: Fever, chills, very bad sore throat
- Shortness of breath, a big weight gain, swelling of arms or legs
- Very low blood sugar or very high blood sugar