

# You're starting Basaglar®

This booklet is your companion

It contains the important information you'll  
need as you begin your daily injections



*Lilly*

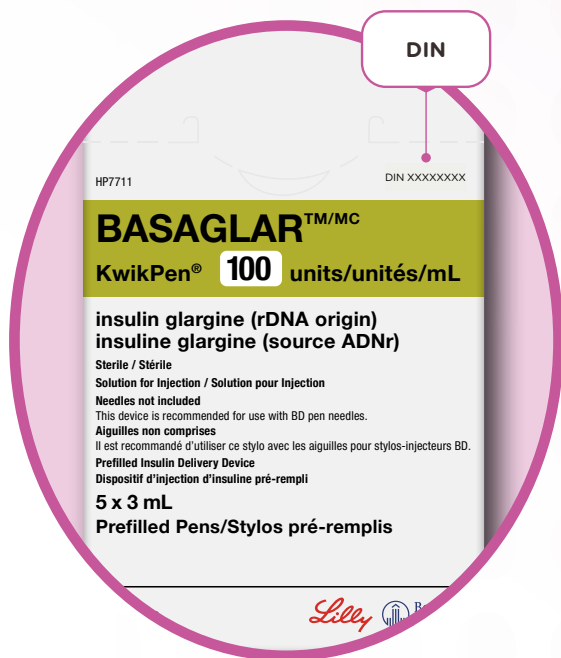


**basaglar®**  
insulin glargine injection  
(rDNA origin) 100 units/mL

# Accessing Basaglar.ca

**You can access all available Basaglar® information and tools online at Basaglar.ca.**

To log into the site, you will need to prove you are a Basaglar® patient by entering your Drug Identification Number (DIN). Your DIN is an 8-digit number found on your Basaglar® cartridge or KwikPen®.



# It's normal to have a lot of questions when starting insulin

## **What is insulin?**

Insulin is a hormone your body makes that helps the body use or store the sugar it gets from food. If you have type 2 diabetes, your body may still make its own insulin—it just doesn't use it as well or it may not make enough.

## **How can insulin help?**

When your body needs insulin, there are ways to help replace or supplement it. Chances are you've been taking other medications to help lower your blood sugar. However, your diabetes can change over time as your body makes less insulin, and this can cause your treatment and dosing to change, too.

It's important to realize that this is something that can happen when you have type 2 diabetes, and it's not your fault.

## **What is Basaglar®?**

Basaglar® [insulin glargine (rDNA origin)] injection is a recombinant human insulin analogue that is a long-acting blood glucose-lowering agent administered subcutaneously (under the skin) once a day. Basaglar® is indicated in the treatment of patients over 17 years of age with type 1 or type 2 diabetes who require basal (long-acting) insulin for the control of hyperglycemia (high blood sugar). Basaglar® is also indicated in the treatment of pediatric patients (>6 years old) with type 1 diabetes who require basal (long-acting) insulin for the control of hyperglycemia.

# Getting started with Basaglar®

With the help of your healthcare professional, fill in the blanks on this page.

## Understanding your blood sugar

Blood sugar levels are measured in the morning (fasting blood sugar), before a meal, 2 hours after a meal, and before bedtime. Your blood sugar target is specific to you and in some cases may be different from the value in the table. Ask your doctor or diabetes nurse about the blood sugar target that is best for you and write it down here:

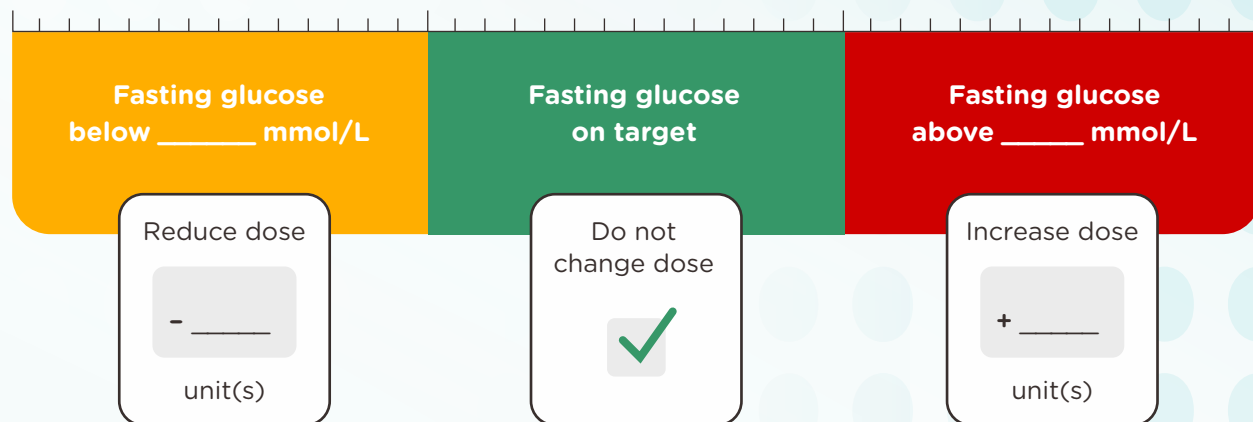


**My daily fasting (before a meal)  
blood sugar target range is \_\_\_\_\_ mmol/L.**

# Your Basaglar® injection instructions

You will take Basaglar® once daily at \_\_\_\_\_ (time of day).

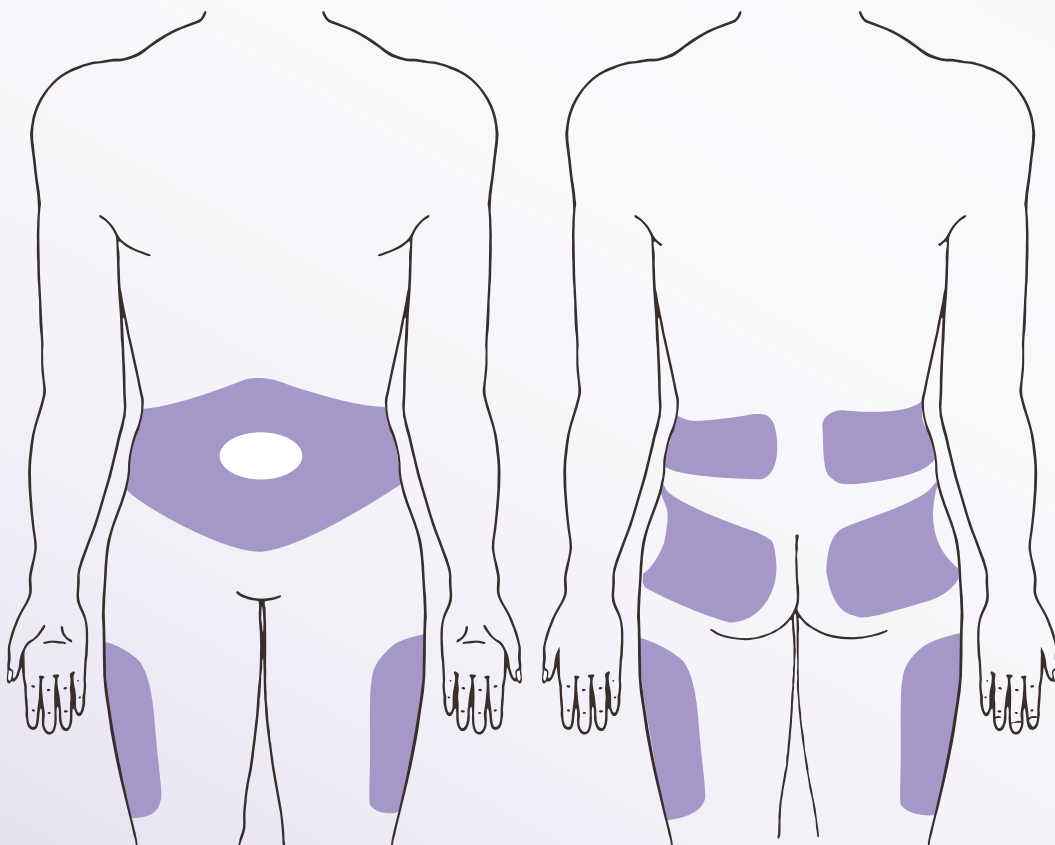
Your daily dose will be adjusted according to  
your fasting glucose measurement:



**Note:** Continue taking your other diabetes medications unless your healthcare professional has told you to change the dose or stop them altogether.

# Injecting Basaglar® using your KwikPen®

## Where to inject Basaglar®



Injection sites within an injection area must be rotated from one injection to the next so that the same site is not used more than approximately once a month.

Do not inject into pits (depressions), thickened skin or lumps.

# Quick tips for injecting Basaglar®



## 1. Take a Look

Check that your KwikPen® (“pen”) has the right insulin. Do not use a Basaglar® cartridge or pen after the expiration date stamped on the label.



## 2. Prep Your Pen

Pull off the pen cap. Basaglar® should be clear and colourless—no particles! Push a new, capped needle on the pen and twist tight.



## 3. Prime Your Pen

Dial **2 Units**. Tap the cartridge holder to collect air bubbles at the top. Push and hold the dose knob until it stops and **count slowly to 5**. Insulin should be at the needle tip. If you do not see insulin, repeat the priming steps, but not more than 4 times.



## 4. Dial Your Dose

Dial the units of Basaglar® as recommended by your healthcare provider. Always check the number in the dose window to make sure you have dialed the correct dose.



## 5. Pick Your Site

Change your injection site each time you inject.

1, 2, 3, 4, 5

## 6. Inject Away

Insert needle in skin. Push dose knob in and count **slowly to 5** before removing the needle. Gently apply pressure for several seconds. Do not try injecting by turning the dose knob, as you will NOT receive your insulin.



## 7. Finish Up

Make sure “0” is in the dose window. Recap, unscrew, and dispose of the used needle in a sharps container.

Visit **Basaglar.ca** to see the full Instructions for Use.

# Managing hypoglycemia or hyperglycemia

## Diabetes Canada recommendations for blood sugar level

mmol/L



**High blood sugar: > 10.0 mmol/L**  
(hyperglycemia)

### Recommended blood sugar target

**Fasting blood sugar or before meal:**  
4.0-7.0 mmol/L

**2 hours after meal:** 5.0-10.0 mmol/L  
(5.0-8.0 mmol/L if A1c target not met)

**Low blood sugar: < 4.0 mmol/L**  
(hypoglycemia)



If you think you or someone you are caring for might be hypoglycemic, test blood sugar right away, if possible. If you don't have a blood glucose meter or the symptoms suggest that your blood sugar is dropping to dangerous levels, treat the symptoms anyway. See the next page for more information. Ask your doctor if you'd like more information about hypoglycemia or whether glucagon may be of help to you.



# Always treat the symptoms of low blood sugar right away

## Some signs of low blood sugar:

- Shaking, light-headedness, nausea
- Nervousness, irritability, anxiety
- Confusion and inability to concentrate
- Hunger
- Quickened heart rate
- Sweating, headache
- Weakness, drowsiness
- Numbness or tingling in your tongue or lips

## Some possible causes of low blood sugar:

- More physical activity than usual
- Not eating on time
- Eating too little
- Taking too much insulin
- The effects of drinking alcohol

## To treat the symptoms, eat or drink a fast-acting carbohydrate (15 g):



15 g of sugar in the form of glucose tablets



6 lifesavers



150 mL (2/3 cup) of juice or regular soft drink



15 mL (1 tbsp) of honey (do not use for children less than 1 year old)



15 mL (1 tbsp) or 3 packets of table sugar dissolved in water

## What do I do if... I forget an injection?

If you miss a dose of Basaglar® or if you have not injected enough insulin, your blood sugar level may become too high (hyperglycemia). Check your blood sugar frequently.

Do not take a double dose to make up for a missed dose.

For information on the treatment of hyperglycemia, refer to “Common Problems of Diabetes” in the Patient Medication Information instructions that come with your Basaglar® packaging.

## ... I have trouble with my Basaglar® KwikPen®?

Refer to the Patient Medication Information instructions for dosing and administration that come with your Basaglar® packaging, or the Instructions for Use for your pen. You can also call the Eli Lilly Customer Response Centre at 1-888-545-5972.

## ... I do not inject for the full slow count of 5?

Removing the pen early could result in you not getting the full dose. Always count slowly to five before removing the needle from the injection site and gently apply pressure for several seconds.

# Learn more by watching the Basaglar® Show-Me Video Series

Grab your KwikPen® and follow along to these quick 1-2 minute videos that demonstrate important steps in the injection process.



## Video 1: Do the 2U

How to prime your pen for injection



## Video 2: Exploring Injection Sites

How to switch up your injection site each time you inject



## Video 3: The Five-Second Rule

How to make sure you get your full dose of Basaglar®

Visit [Basaglar.ca](http://Basaglar.ca) to watch the full *Instructions for Use* video



## Scan the QR code to watch the Show-Me videos

**To scan QR code:** Open the camera on your smart phone or tablet and hold the device so that the QR code is clearly visible on screen. When the camera scans the QR code, a link should appear on screen. This may take a few seconds. Click the link to open. If you can't access QR codes, you can access this link by visiting [Basaglar.ca](http://Basaglar.ca)

# Tracking your daily blood sugar and insulin dose titration

Tracking your blood sugar will let you know how to adjust your insulin dose, which can help you reach your blood sugar target. Remember to follow the instructions on **Page 5** for measuring your blood sugar and adjusting your dose.

After you finish logging your first two weeks on the next page of this booklet, visit [Basaglar.ca](https://Basaglar.ca) to download your Basaglar® Digital Logbook where you can keep track of your blood sugar levels and Basaglar® doses going forward. You can also talk to your healthcare professional to request a printed copy.

## Example: Sam\*

Sam takes Basaglar® once a day before bed, as advised by his healthcare professional. He has also been advised to check his blood sugar when he wakes up in the morning and titrate his bedtime Basaglar® dose accordingly.

My blood sugar target: 7.0 mmol/L                      Week of: 11 / 08 / 2024

Day	Breakfast			Lunch			Dinner			Bedtime	Overnight
	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Units of insulin	
M	7.4									10	
T	7.2									11	
W	7.0									12	



To avoid medication errors between Basaglar® and other insulins, always check your insulin label before each injection.



\* This is an example to help you get started. This dosing information doesn't apply to everyone; your healthcare provider will tell you what's right for you.

My blood sugar target: \_\_\_\_\_ mmol/L

Week of: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Day	Breakfast			Lunch			Dinner			Bedtime	Overnight
	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Units of insulin	
M											
T											
W											
T											
F											
S											
S											

My blood sugar target: \_\_\_\_\_ mmol/L

Week of: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Day	Breakfast			Lunch			Dinner			Bedtime	Overnight
	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Before	Units of insulin	2h after	Units of insulin	
M											
T											
W											
T											
F											
S											
S											

# We're here to help whenever you need

**Visit [Basaglar.ca](https://Basaglar.ca) and log in using your DIN to access more valuable Basaglar® information and resources**

## **Reach out to our team with any questions or concerns**

For more information or support, contact our customer response centre:

**1-888-545-5972** (Monday-Friday, 9 a.m. to 5 p.m. EST, excluding holidays)

If you prefer to contact us online, you can submit your question using our online form at the QR code here:



**Submit a Question**

## **Learn how to properly administer Basaglar®**

Scan the QR code on the right to watch the full *Instructions for Use* video for your treatment.



**Watch the Video**

**To scan QR codes:** Open the camera on your smart phone or tablet and hold the device so that the QR code is clearly visible on screen. When the camera scans the QR code, a link should appear on screen. This may take a few seconds. Click the link to open. If you can't access QR codes, you can access this link by visiting [Basaglar.ca](https://Basaglar.ca)

# Important Safety Information

Basaglar® should NOT be used: if you are allergic to this drug or to any ingredient in the formulation or component of the container; if you have diabetic ketoacidosis (DKA); for intravenous or intramuscular injections, or if your blood sugar is too low (hypoglycemia).

Before using Basaglar® talk to your healthcare professional if: you are planning to have a baby, are pregnant, or are nursing a baby; you are taking any medication or develop skin changes at the injection site.

Serious warnings and precautions include:

- Hypoglycemia (low blood sugar) is the most common adverse effect of insulin, including Basaglar®.
- Glucose monitoring is recommended for all patients with diabetes.
- Uncorrected hypoglycemic or hyperglycemic reactions can cause loss of consciousness, coma, or death.
- Any change of insulin should be made cautiously and only under medical supervision.
- Basaglar® should not be used for intravenous, intramuscular or insulin pump administration as this could result in severe hypoglycemia.
- Basaglar® must not be mixed with any other insulin or diluted with any other solution because it might not work as intended.
- Basaglar® shall not be used if it is not water-clear and colourless or if it has formed a deposit of solid particles on the wall of the cartridge.
- Rotate injection sites so that the same site is not used more than approximately once a month to prevent skin changes such as lumps under the skin. Do not inject into pits (depressions), thickened skin or lumps.

Other side effects can occur, including: hyperglycemia (high blood sugar), diabetic ketoacidosis (DKA), allergic reactions to insulin, and skin reactions at the injection site.

If you experience the following serious side effects seek immediate medical attention: severe or continuing hyperglycemia or DKA, or allergic reactions.

In case of drug overdose, contact a healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Always check for the name of the insulin on the carton and the cartridge label when you pick it up from the pharmacy to make sure it is the same as the one your healthcare professional has recommended. Accidental mixups between insulin glargine and other insulins, particularly fast-acting insulins, have been reported. To avoid medication errors between insulin glargine and other insulins, always check your insulin label before each injection.

About Basaglar® cartridges and KwikPens®: Carefully follow your healthcare professional's directions on how to use Basaglar® cartridges and KwikPens® to help avoid contamination and possible infection, and to obtain an accurate dose. **DO NOT SHARE INJECTION PENS, CARTRIDGES, OR NEEDLES WITH ANYONE ELSE.** To prevent the possible transmission of disease, never share a Basaglar® cartridge or pen between patients, even if the needle on the delivery device is changed. Keep out of reach and sight of children.

For complete instructions, read and follow the patient information leaflet that comes with your Basaglar® packaging.



  
basaglar®  
insulin glargine injection  
(rDNA origin) 100 units/mL

*Lilly*



MEMBER OF  
INNOVATIVE  
MEDICINES  
CANADA

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