

LANTUS, MADE SIMPLE

Long-acting insulin glargine U-100 for once-daily basal coverage

Once daily Use at the same time every day, exactly as prescribed.	U-100 basal insulin Lantus provides background insulin. It does not replace rapid-acting insulin for meals in type 1 diabetes.	Do not mix Never mix or dilute Lantus with another insulin or solution.
Check before injecting Use only if clear and colorless. Confirm Lantus U-100 on the label.	Rotate sites Avoid lumps, thickened skin, scars, bruises, and damaged areas.	28-day in-use limit Discard an opened vial or SoloStar pen after 28 days, even if insulin remains.

MOST IMPORTANT	Take Lantus once daily at the same time every day. It is basal insulin, not mealtime or correction insulin. Do not mix or dilute it, and do not use it in a pump.
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How to use it Inject under the skin of the abdomen, thigh, or upper arm as instructed. Use a new needle for every pen injection. Prime according to the SoloStar Instructions for Use. Never withdraw insulin from a SoloStar pen with a syringe.	Low blood sugar Lows may occur after dose changes, missed meals, exercise, alcohol, kidney or liver changes, or medication changes. The long action may delay recovery, so recheck and continue monitoring after treatment.
Missed dose Do not automatically double. Check glucose and contact the diabetes team for a same-day plan based on how late the dose is and whether you also use mealtime insulin.	Switching insulins Lantus U-100, Toujeo U-300, and other basal insulins are not unit-for-unit interchangeable in every switch. Changes require closer glucose monitoring and clinician instructions.
Monitoring Track fasting glucose, overnight lows, A1C, injection sites, kidney and liver changes, and any increase in hypoglycemia.	Storage Unopened: refrigerate at 36-46 F until expiration or keep at room temperature below 86 F for up to 28 days. In use: discard after 28 days. Do not freeze; protect from heat and light.

EMERGENCY WARNING	Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available.
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MY LANTUS GUIDE

Simplified refrigerator guide - keep this with your insulin supplies

THE MAIN RULE

Take Lantus once daily at the same time every day. It is basal insulin, not mealtime or correction insulin. Do not mix or dilute it, and do not use it in a pump.

My daily Lantus dose:	_____
My injection time:	_____
My fasting glucose goal:	_____
My rapid-acting insulin (if any):	_____
Date this pen or vial was opened:	_____
Discard date - 28 days later:	_____

MISSED DOSE

Check glucose and use your written basal-insulin plan. Do not double the next dose. Call Fairview or your diabetes team if you do not have a plan.

CALL TODAY

Repeated lows; high fasting glucose for several days; vomiting or ketones; new swelling or shortness of breath; injection-site lumps; a major change in eating, activity, kidney function, or other medicines.

STORAGE AND HANDLING

Unopened insulin should be refrigerated. Discard the in-use pen or vial 28 days after first use. Do not freeze or expose to heat. Keep pens without a needle attached.

GET URGENT HELP

Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available.

**LOW BLOOD SUGAR
- RULE OF 15**

If glucose is below 70 mg/dL and you can swallow safely: take 15 grams of fast carbohydrate, wait 15 minutes, and recheck. Repeat if still low. For severe low blood sugar, inability to swallow, seizure, or unconsciousness: use glucagon if available and call 911.