

TRESIBA, MADE SIMPLE

Ultra-long-acting insulin degludec U-100 or U-200 for once-daily basal coverage

Once daily Use exactly as prescribed. Adults have limited timing flexibility; do not improvise without a plan.	U-100 or U-200 Check the label every time. The FlexTouch pen displays actual units - do not calculate a conversion.	Basal insulin Tresiba provides background coverage and does not cover meals by itself.
Prime and use a new needle Complete the safety test before every dose and remove the needle afterward.	Do not mix Never mix or dilute Tresiba with another insulin.	56-day in-use limit Pens and vials are discarded 56 days after first use, even if insulin remains.

MOST IMPORTANT

Tresiba is taken once daily and lasts a long time. Adults who must change the time should keep at least 8 hours between doses. Children should take it at the same time every day. Never convert doses between the U-100 and U-200 pens.

Timing

Take once daily. Adults who miss or delay a dose should follow the official instruction to inject when remembered while ensuring at least 8 hours between injections. Pediatric patients should contact the diabetes team for missed-dose guidance.

Concentration safety

U-100 and U-200 pens deliver the selected number of units. Never use a syringe to withdraw insulin from a FlexTouch pen and never attempt dose conversion.

Low blood sugar

Because Tresiba is very long acting, continue checking after a low. Dose changes, exercise, missed meals, alcohol, kidney changes, or other medicines can alter risk.

Injection technique

Inject into healthy skin of the abdomen, thigh, or upper arm. Rotate within the region and avoid lumps or thickened skin.

Monitoring

Review fasting glucose, overnight trends, A1C, low-glucose events, injection sites, kidney function, and major changes in eating or activity.

Storage

Unopened: refrigerate. Pens and vials may be kept refrigerated or at room temperature up to 86 F for 56 days after first use. Protect from heat and light; never freeze.

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.

Fairview Pharmacy | 500 Katie Avenue, Hattiesburg, MS 39401 | 601-544-4871

Clinically reviewed: July 2026. Based on Tresiba U.S. Prescribing Information and Instructions for Use. This guide provides general education and does not replace individualized instructions from your healthcare team.

MY TRESIBA GUIDE

Simplified refrigerator guide - keep this with your insulin supplies

THE MAIN RULE

Tresiba is taken once daily and lasts a long time. Adults who must change the time should keep at least 8 hours between doses. Children should take it at the same time every day. Never convert doses between the U-100 and U-200 pens.

My concentration - U-100 or U-200:

My daily dose:

My usual injection time:

My low-glucose threshold:

Date opened:

Discard date - 56 days later:

MISSED DOSE

Adults: take the dose when remembered and ensure at least 8 hours between injections, unless your clinician gave a different plan. Children: call the diabetes team. Never double.

CALL TODAY

Repeated lows, persistent highs, vomiting or ketones, major schedule changes, injection-site lumps, or uncertainty about U-100 versus U-200.

STORAGE AND HANDLING

Discard pens and vials 56 days after first use. They may be kept refrigerated or at room temperature up to 86 F. Never freeze.

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.

Fairview Pharmacy | 500 Katie Avenue, Hattiesburg, MS 39401 | 601-544-4871

Clinically reviewed: July 2026. Always follow the exact product label and your individualized insulin plan. This guide provides general education and does not replace individualized instructions from your healthcare team.