

# Long-acting Insulin

Glargine (GLAR-jeen), Detemir (DE-te-mir), Degludec (de-GLOO-dek)

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*Brand names: Lantus, Basaglar, Toujeo, Levemir and Tresiba*

## What does it do?

Provides the insulin the body needs to maintain normal levels of blood glucose.

This is a basal (long-acting) insulin. It does not cover meals and snacks. It starts working in one to two hours. It may be given one or two times each day.

## How do I take it?

- This insulin is given as a shot under the skin of your upper arms, upper legs or stomach (abdomen). Use it every day at the same time.
- Rotate where you take the shot within your chosen area. For example, if you always inject in your stomach, inject a different spot in your stomach each time. Your doctor will tell you the dose and how often to inject it.
- It comes in vials or pens. Do not shake them. Do not use if insulin is a different color than normal.
- **If you miss a dose:** Take it as soon as you can. If it is more than six hours past your dose time, call your diabetes care team. Never take two doses at the same time.

- Never mix this with any other type of insulin in the same syringe.
- Never use a syringe to take insulin out of an insulin pen.

## What are the possible side effects?

You may have redness, swelling, pain, itching, burning or a lump at the injection site (where the shot was given).

You may have changes at the injection spot. The fatty tissue under the skin may shrink or thicken. Rotating the spot where you inject can help prevent this. **Do not** inject into skin that is like this.

You may also have low blood glucose (less than 70). Signs of low blood glucose include:

- Sweating
- Feeling shaky
- Sudden hunger
- Fast heartbeat
- Feeling dizzy, confused or weak
- Headache or problems seeing
- Feeling irritable

## How should I store my insulin?

- Store **opened** insulin at room temperature. Keep it away from sunlight and heat.
- Store **unopened** insulin in the refrigerator. Do not freeze it.
- Keep medicine out of the reach of children and pets.

Type of insulin	How long can I keep it at room temperature?
Lantus (insulin glargine)	28 days
Basaglar (insulin glargine)	28 days
Toujeo (insulin glargine)	42 days
Levemir (insulin detemir)	42 days
Tresiba (insulin degludec)	56 days

## When should I call my diabetes care team?

You should call the doctor right away if you notice any of the following:

- Frequent high or low blood glucose
- Nausea (feeling sick to your stomach) or vomiting (throwing up)
- Flu-like symptoms (fever, chills)
- Any sign of an allergic reaction, such as:
  - Hives or itchy skin
  - Swelling in the face, hands, mouth or throat
  - Tingling in the mouth or throat
  - A tight feeling in the chest
  - Trouble breathing, wheezing
- Stinging at the site where you inject the insulin

## What else should I know before taking this medicine?

- Before taking this medicine, tell your doctor:
  - About all medicines you are taking, including over-the-counter drugs and herbal products.
  - If you have kidney or liver disease.
  - If you are pregnant or planning to get pregnant.
  - If you are breastfeeding or plan to breastfeed.
- Always carry some form of carbohydrate with you.
- Your dose may need to change when you are ill or when you change your diet or activity.
- Alcohol may cause symptoms that feel like low blood glucose. Check your blood glucose often when drinking alcohol.
- Do not change brands of insulin without talking to your doctor.