



Read this important information before taking:



# Humulin R U-500 (CONCENTRATED regular insulin)

Take extra care! Humulin R U-500 is a **high-alert medicine**.

This means that Humulin R U-500 insulin has been proven to be safe and effective, but it can cause serious harm, such as severe low blood sugar, if not taken exactly as directed.



Tell

### When Your Doctor Prescribes Humulin R U-500

❑ ❶ **Tell your doctor about all your diseases, conditions, and medicines.** Your doctor especially needs to know if you have kidney, liver, or heart problems; if you are pregnant, plan to become pregnant, or breastfeeding; and if you take any other diabetes medicines. Tell your doctor if you start or stop any medicines, herbals, or supplements while taking this medicine.



❑ ❷ **Know your dose.** Your doctor should tell you when to take Humulin R U-500 and the number of units to take each time. Check your understanding of the dose by telling the doctor what times of the day you will take the insulin and how many units you will take each time.



Show and Tell

❑ ❸ **Know how to measure your dose and inject your insulin.** Your healthcare provider should show you how to dial your dose with a KwikPen or draw up your dose using a green-capped U-500 insulin syringe. U-500 insulin is **CONCENTRATED** and contains 5 times more insulin per mL than standard insulin, so a small mistake could cause big problems. Use **ONLY** a KwikPen or green-capped U-500 insulin syringe (see pictures at the bottom of the page). Do **NOT** use a tuberculin or U-100 insulin syringe. They will **NOT** give you the right amount of insulin. Check your understanding of how to dial or measure your dose by showing your healthcare provider how you will do it.



❑ ❹ **Learn how to treat low blood sugar.** Talk to your doctor about your blood sugar goals, the signs of low blood sugar (hypoglycemia), and how to treat it. Always carry a quick source of sugar, such as glucose tablets or hard candy, to treat low blood sugar. Your doctor may prescribe glucagon to use in case you pass out. Make sure your family knows the signs of low blood sugar, how to treat it, and how to give you a glucagon injection, if needed. See the other side of this page for details.

Do Not Mix

### When Taking Humulin R U-500

❑ ❺ **Do not mix.** Do **NOT** mix Humulin R U-500 with any other type of insulin or liquid medicine.



❑ ❻ **Do not share, reuse, or recycle.** Do **NOT** share your KwikPen or syringes with other people, even if the needle is changed. You may give others a serious infection or get an infection from them. Do not reuse or recycle syringes, needles, or lancets. Put your used sharps in a sealable, leak-proof, hard container (e.g., empty milk jug or detergent bottle). When it's full, follow local guidelines to get rid of it, which can be found at: [SafeNeedleDisposal.org](http://SafeNeedleDisposal.org).



❑ ❼ **Check your medicine.** If you use more than one type of insulin, make sure each vial or pen looks different (e.g., keep one in the carton) to avoid mix-ups. Read the label each time you take your insulin.



❑ ❽ **Eat regularly.** Eating regular meals and snacks helps keep your blood sugar from getting too low.



❑ ❾ **Test your blood sugar.** Ask your doctor when you should test your blood sugar. Keep a log of your blood sugar results and how much insulin you take each day. Bring the log with you when you visit your doctor.

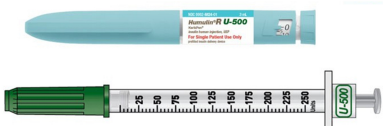


Call

### When You Should Call Your Doctor

❑ ❿ **Call for illness or changes in habits.** Your insulin dose may need to be changed because of illness, stress, other medicines you take, or changes in eating habits, physical activity, or weight. Call your doctor if you experience any of these changes. Never change your insulin dose unless your doctor tells you to do so. Also let your doctor know if low blood sugar is a frequent problem for you.

Use one of these



■ Use **ONLY** a Humulin R U-500 KwikPen to dial your insulin dose, **OR** a green-capped U-500 insulin syringe (labeled **"U-500"** near the plunger) to draw U-500 insulin from a vial.

■ If you are using a tuberculin or U-100 insulin syringe, work with your doctor to switch to a KwikPen or U-500 syringe.

Do NOT use one of these

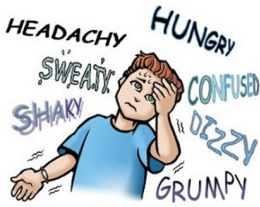


For more information to help keep you safe, visit: [www.consumermedsafety.org](http://www.consumermedsafety.org).

## Treat Signs of **Hypoglycemia** Early **Before It Gets Worse**

### Signs of hypoglycemia (low blood sugar)

- shaky
- nervous
- sweaty
- dizzy
- grumpy
- confused
- headache
- fast heartbeat
- blurred vision
- slurred speech
- nausea
- hunger



### Treatment of hypoglycemia (15-15 rule) (Eat 15 grams of carbohydrates to raise your blood sugar, check it in 15 minutes)

- 1 Eat or drink a sugary food or beverage with 15 grams of carbohydrates:
  - Glucose tablets or gel (follow package instructions)
  - ½ cup of juice or regular soda (not diet)
  - 1 tablespoon of sugar or honey
  - Hard candies or jelly beans (chew them)—see food label for how many to eat (foods like chocolate bars that have a lot of fat as well as sugar do not work as quickly)
- 2 Recheck your blood sugar after 15 minutes.
- 3 If your blood sugar is still low, or you continue to have symptoms, repeat steps #1 and #2.
- 4 Once your blood sugar returns to normal, eat a small snack or meal.
- 5 If you have a seizure or pass out, no one should try to feed you a food or beverage. They should call 911 and inject glucagon (if available) into your buttock, upper arm, or thigh.
- 6 Do **NOT** inject insulin. Insulin will lower your blood sugar even more.



Topics	Fast Facts
<b>Generic name</b>	■ <b>CONCENTRATED</b> regular human insulin (pronounced IN-soo-lin)
<b>Brand name</b>	■ Humulin R U-500, Humulin R U-500 KwikPen (no generic)
<b>Onset and duration</b>	■ Begins working in 15 to 30 minutes and lasts for 13 to 24 hours
<b>Use</b>	■ Treatment of diabetes mellitus in adults and children who need more than 200 units of insulin per day
<b>Usual dose</b>	■ The frequency and dose are unique to each individual ■ Your dose should be in increments of 5 units so it can be measured accurately
<b>Injecting the insulin</b>	■ Before injection, bring refrigerated insulin to room temperature; do <b>NOT</b> vigorously shake it ■ Do not use the insulin if it is cloudy or colored, or if it has particles or clumps in it ■ Inject the insulin below the skin (not in the muscle or vein) in the stomach area, buttocks, upper thighs, or upper arms; change (rotate) where you give the injection with each dose ■ Have food ready before injection, and do not delay eating or skip a meal after injection
<b>Special instructions and precautions</b>	■ Follow the diet prescribed by your doctor and keep your eating habits and exercise regular ■ Do not drive if you have low blood sugar ■ If you run out of U-500 insulin syringes, do not use any other syringe to inject your insulin; call your healthcare provider, pharmacist, or Lilly (the company that makes the insulin, 1-800-545-5979) for help ■ If you cannot afford your insulin, call the Lilly helpline (1-833-808-1234) for options
<b>Safety during pregnancy/breastfeeding</b>	■ Talk to your doctor about managing your diabetes during pregnancy and breastfeeding
<b>Storage</b>	■ Store unopened vials and KwikPens in the refrigerator until first use (do not freeze) ■ After first use, store vials in the refrigerator or at room temperature; discard after 40 days ■ After first use, store KwikPens at room temperature (do not refrigerate); discard after 28 days ■ Write the date you first use your KwikPen or vial on the label so you know when to discard it ■ Keep Humulin R U-500 and all medicines out of the reach of children
<b>Most common side effects</b>	■ Low blood sugar (see top of page), allergic reaction at your injection site, skin thickening or pits at the injection site, itching, rash
<b>Side effects to report to your doctor immediately</b>	■ Signs of heart failure such as shortness of breath, swelling of your ankles or feet, or sudden weight gain ■ Extreme sleepiness, dizziness, confusion, or frequent low blood sugar ■ Get emergency medical help if you have severe low blood sugar or signs of a severe allergic reaction (skin rash or hives; itching; trouble breathing; fast heartbeat; sweating; swelling of the face, tongue, or throat)
<b>Herbals that should NOT be taken with Humulin R U-500</b>	■ These herbals can lower your blood sugar and should not be taken with insulin: chromium, gymnema, ginkgo biloba, ginseng, and garlic tablets or capsules (more than what is used for seasoning food)
<b>Prescription medicines that should NOT be taken with Humulin R U-500</b>	■ Tell your doctor and pharmacist about the medicines you take, since many can affect your insulin needs ■ Taking U-500 insulin with pioglitazone (Actos), rosiglitazone (Avandia), and combinations that contain these medicines could increase your risk of heart failure
<b>Special tests that your doctor may prescribe</b>	■ You should have a hemoglobin A1c blood test at least twice a year to see how well your blood sugar is being controlled; the test results may be reported to you as an average blood sugar (glucose) level (eAG) ■ An A1c of 7% (or an eAG of 154 mg/dL) or lower is recommended