

Considering Levemir®



Ask your health care provider about your current insulin therapy and Levemir®

If blood sugar control that lasts for up to 24 hours is important to you, it may be time to consider Levemir®.

This Doctor Discussion Guide is a resource you can use at your next appointment. Print out the guide and check off the questions you want to discuss with your health care provider. Then, use it to help you get a conversation started about your current insulin therapy and how Levemir® may be right for you.

There's no better day than today to ask your health care provider about Levemir®.

Questions for my health care provider

Switching to Levemir®

- Is Levemir® an option with my diabetes treatment plan?
- Could Levemir® replace my current long-acting insulin?
- Would any of my medicines need to change if I switched to Levemir®?
- Would my insulin dose need to be adjusted if I switched to Levemir®?
- Could Levemir® help me achieve my blood sugar goals?

Taking Levemir®

- How would Levemir® fit into my daily schedule?
- How often would I have to take Levemir®?
- How often would I have to adjust my insulin dose with Levemir®?
- How often would I have to check my blood sugar with Levemir®?
- How do I know my dose of Levemir® is working properly?
- How does Levemir® affect my weight?
- Is Levemir® FlexTouch® an option for me?

Additional questions I have:

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- _____
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Notes from my discussion with my health care provider:

What is Levemir® (insulin detemir [rDNA origin] injection)?

- Levemir® is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.
- Levemir® is not meant for use to treat diabetic ketoacidosis.

Important Safety Information

Do not share your Levemir® FlexTouch® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Who should not take Levemir®?

Do not take Levemir® if:

- you have an allergy to Levemir® or any of the ingredients in Levemir®.

Please see additional Important Safety Information on the following page.

Please see accompanying Prescribing Information.



Important Safety Information (cont'd)

Before taking Levemir® (insulin detemir [rDNA origin] injection), tell your health care provider about all your medical conditions including, if you are:

- pregnant, plan to become pregnant, or are breastfeeding.
- taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about how to manage low blood sugar.

How should I take Levemir®?

- **Read the Instructions for Use** and take exactly as directed.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.
- **Do not reuse or share your needles or syringes with other people.** You may give other people a serious infection, or get a serious infection from them.
- **Never** inject Levemir® into a vein or muscle.

What should I avoid while taking Levemir®?

- **Do not** drive or operate heavy machinery, until you know how it affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of Levemir®?

Serious side effects can lead to death, including:

Low blood sugar. Some signs and symptoms include:

- anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache.

Your insulin dose may need to change because of:

- change in level of physical activity, weight gain or loss, increased stress, illness, or change in diet.

Other common side effects may include:

- reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet and if taken with thiazolidinediones (TZDs) possible heart failure.

Get emergency medical help if you have:

- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

Please see accompanying Prescribing Information on the next page.

Levemir® is a prescription medication.

Talk to your health care provider about the importance of diet and exercise in your treatment plan.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call **1-800-FDA-1088**.



If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call **1-888-4PPA-NOW**.



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Levemir®
insulin detemir (rDNA origin) injection