Ask your health care provider about your blood sugar, insulin therapy, and Levemir®

If your blood sugar readings are high despite your efforts to control them through diet, exercise, and/or diabetes medications, it may be time to consider a long-acting insulin like 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 diabetes care and how insulin might 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

Blood sugar
○ What happens if I can’t get my blood sugar lower on my current treatment plan?
○ What changes could be made to my diabetes care plan to help control my blood sugar?

Insulin therapy
○ Could insulin help me achieve my blood sugar goals?
○ Could insulin replace any of my current medicines?

Levemir®
○ Could Levemir® be added to my current medication?
○ How often would I have to take Levemir®?

Additional questions I have:
○ __________________________________________
○ __________________________________________
○ __________________________________________
○ __________________________________________

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.