

Taking Levemir®



Ask your health care provider about your Levemir® prescription

If you are starting on Levemir® or have questions about taking Levemir®, you will want to talk with your diabetes care team.

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 prescription.

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

Questions for my health care provider

My Levemir® dose

- How is my dose of Levemir® determined?
- How do I know that my dose of Levemir® is working properly?
- How often will I have to adjust my dose when I'm taking Levemir®?
- How will my meals and activities affect my Levemir® dose?
- How often do I need to check my blood sugar when I'm taking Levemir®?

Potential side effects

- What are the potential side effects of Levemir®?
- What are the symptoms of low blood sugar and how do I address them?
- How does Levemir® affect my weight?

Levemir® FlexTouch®

- Is Levemir® FlexTouch® an option for me?
- How do I use Levemir® FlexTouch®?
- How does Levemir® FlexTouch® need to be stored?

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.

Additional Levemir® resources

- Do you have co-pay information for Levemir® or a Novo Nordisk Instant Savings Card?
- Can I get a Levemir® Starter Kit?

Additional questions I have:

- _____
- _____
- _____
- _____
- _____

Notes from my discussion with my health care provider:

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