


# YOUR INJECTION GUIDE FOR GETTING STARTED

  
**Toujeo®**  
**Max SoloStar®**  
insulin glargine injection 300 Units/mL

  
**Toujeo®**  
insulin glargine injection 300 Units/mL



## What is Toujeo U-300 (insulin glargine) injection 300 Units/mL?

Prescription Toujeo is a long-acting man-made insulin used to control high blood sugar in adults and children who are 6 years of age and older with diabetes mellitus.

- Toujeo is not for the treatment of diabetic ketoacidosis
- It is not known if Toujeo is safe and effective in children under 6 years of age

Please read the Instructions for Use that come with your pen  
or [click here for full Prescribing Information](#) including Instructions for Use.



## MEET TOUJEO MAX

The Toujeo® Max SoloStar® pen is the only pen that holds 900 units of insulin in the same-size pen. That's more units of insulin than any standard long-acting insulin pen available.

**Toujeo® Max SoloStar®**  
insulin glargine injection 300 Units/mL

**Maximum dose:**  
160 units per injection

**Adjust your dose in:**  
2-unit increments

**Units per pen:**  
900



### FEWER PENS

Toujeo is the most concentrated longer-acting insulin with **the lowest injection volume**. Each unit of insulin is smaller, so you inject less liquid with your prescribed dose. That, plus a 900-unit pen, could mean you use fewer pens.



### FEWER REFILLS

The Max SoloStar pen holds more units of insulin than any other long-acting pen, so you may need to refill your prescription less often.



### FEWER CO-PAYS

If you're using fewer insulin pens, you may have fewer refills and associated co-pays depending on daily dose and prescription insurance coverage. Find out more [here](#).

The Max SoloStar pen is recommended for patients who need at least 20 units of insulin per day.

### Important Safety Information for Toujeo U-300 (insulin glargine) injection

Do not use Toujeo if you have low blood sugar or if you are allergic to insulin or any of the ingredients in Toujeo.

Please see full Important Safety Information for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

## ONE MEDICINE—TWO INSULIN PEN OPTIONS

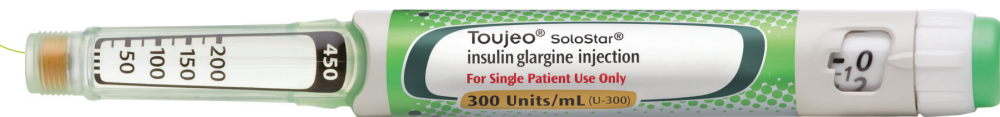
Both pen options contain the same medicine and use the smallest needle made for insulin pens.

**Toujeo® SoloStar®**  
insulin glargine injection 300 Units/mL

**Maximum dose:**  
80 units per injection

**Adjust your dose in:**  
1-unit increments

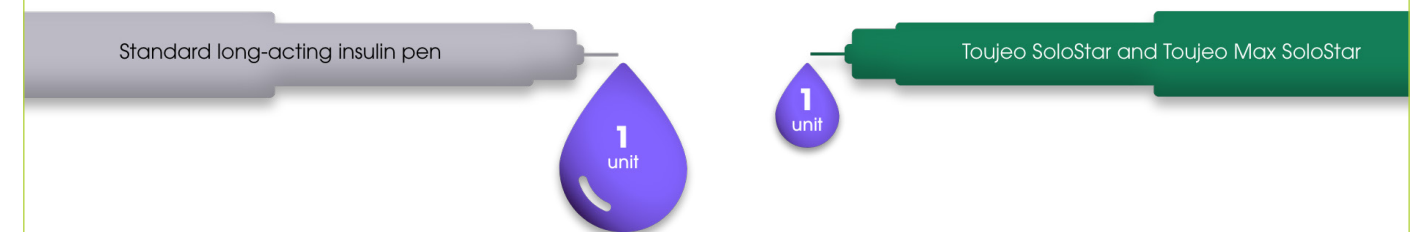
**Units per pen:**  
450



### KEY SHARED FEATURES:

- Same pen size
- 5-second hold time

### BOTH PENS HAVE THE LOWEST INJECTION VOLUME COMPARED TO A UNIT OF ANY STANDARD LONG-ACTING INSULIN\*



\*One unit of Toujeo has the smallest injection volume compared to one unit of any standard long-acting insulin. Enlarged to show proportions.



**Can be stored unrefrigerated for 8 weeks after first use. Once opened, store at room temperature (up to 86°F).**

**Toujeo® Max SoloStar®**  
insulin glargine injection 300 Units/mL

**Toujeo®**  
insulin glargine injection 300 Units/mL

# BEFORE INJECTING

Working with your doctor, decide which pen works best for you. Then set your goals and use this chart to write them down or download the chart [here](#).

1. This is my starting dose of Toujeo: \_\_\_\_\_
2. I need to adjust it by \_\_\_\_\_ unit(s) every \_\_\_\_\_ day(s) or as indicated by my doctor: \_\_\_\_\_.
3. Continue until my glucose levels reach \_\_\_\_\_ before morning meals.



Scan the QR code to watch a video with additional instructions. Amy, an actual Toujeo patient, demonstrates how to use the Toujeo SoloStar and Toujeo Max SoloStar pens. Find out more at [www.toujeo.com/how-to-use-toujeo-insulin](http://www.toujeo.com/how-to-use-toujeo-insulin)



## Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

**Do not share your pen(s) 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.

Before starting Toujeo, tell your doctor about all your medical conditions, including if you have liver or kidney problems, if you are pregnant or planning to become pregnant, or if you are breastfeeding or planning to breastfeed.

Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

## IN CASE OF HYPOGLYCEMIA, THIS IS MY PLAN:



**Hypoglycemia, also known as low blood sugar, is when your levels fall below 70 mg/dL.** Make sure my family and I are aware of common low blood sugar symptoms, like:

- Shaking
- Sweating
- Fast heartbeat
- Blurred vision

## IF I FEEL ANY OF THESE, I NEED TO:

### Check my blood sugar!

If it's below 70 mg/dL or if I can't check it immediately:

- Eat or drink something high in sugar, like 4 oz fruit juice (orange, apple, etc)
- 1 tablespoon honey, corn syrup, or sugar
- Hard candy

Then in 15 minutes, check my blood sugar again.

If it's still low, eat or drink something again.

And after 15 minutes, test your blood again.

It is important to discuss with your doctor when developing a plan for hypoglycemia.

Please see Important Safety Information and accompanying link to the Full Prescribing Information.

## Here are my target blood sugar ranges:

Fasting/before meals: \_\_\_\_\_ mg/dL to \_\_\_\_\_ mg/dL.

2 hours after meals: Less than \_\_\_\_\_ mg/dL.

## Tracking my A1C levels:

My A1C level is: \_\_\_\_\_ DATE: \_\_\_\_\_

My A1C goal is: \_\_\_\_\_ DATE: \_\_\_\_\_

# A1C REDUCTION MEETS STABLE BLOOD SUGAR CONTROL WITH ONCE-DAILY TOUJEO

Say hello to once-daily Toujeo, a longer-acting insulin that in clinical studies has been shown to help maintain blood sugar levels in the American Diabetes Association (ADA) target zone (80-130 mg/dL) for up to 36 hours.

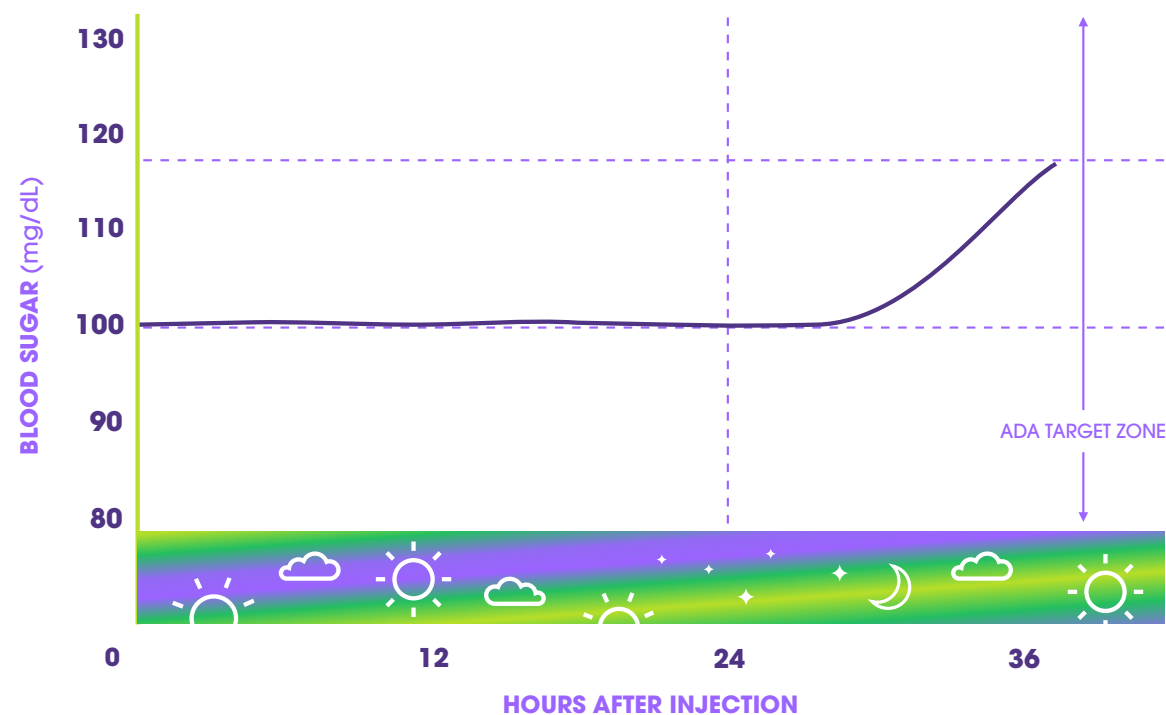
## PROVEN A1C REDUCTION

Toujeo provides proven A1C reduction



## STABLE BLOOD SUGAR LEVELS AROUND THE CLOCK

In a study, blood sugar levels stayed within the American Diabetes Association target zone for more than 24 hours.\*



**Toujeo should be taken at the same time every day, once a day.**

Results based on a study of 30 patients with type 2 diabetes; study size is typical for this type of study. May not apply in everyday use. Target zone: 80-130 mg/dL.

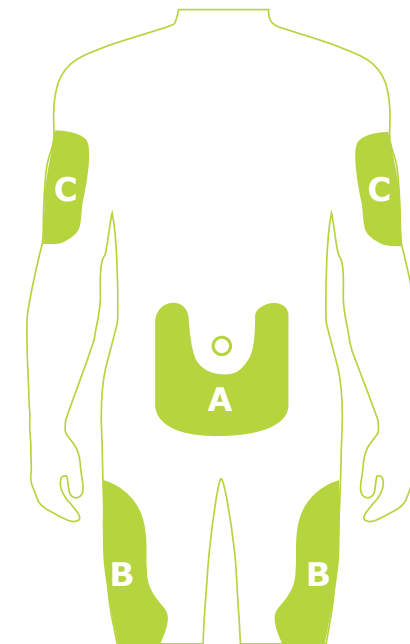
For all insulins, including Toujeo, the most common side effect is hypoglycemia. Ask your doctor about the signs and symptoms of hypoglycemia, how to monitor your blood sugar, and what to do if you have a hypoglycemic event.

These are not all the possible side effects of Toujeo. Talk with your doctor about possible side effects. For more detailed information, see the full Important Safety Information and Full Prescribing Information.

Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

# INJECTION ZONES

Toujeo should be injected under the skin (subcutaneously). Do not use Toujeo in an insulin pump or inject Toujeo into your vein (intravenously).



- A: STOMACH**  
Inject anywhere except within 2 inches around your belly button.
- B: THIGHS**  
Avoid injecting too close to the bony area above your knee.
- C: UPPER ARMS**  
Inject in the soft area on the backside of your upper arm.

Change (rotate) your injection sites with each dose to reduce your risk of getting lipodystrophy (pitted or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites. Do not use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred, or damaged. Remember not to share your pen(s) with other people, even if the needle has been changed.

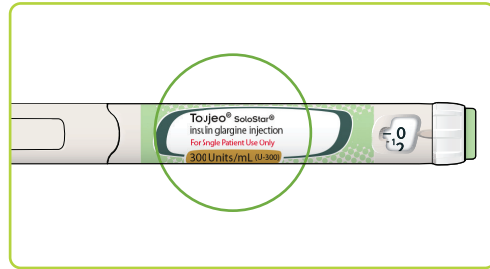
## KEY POINTS TO REMEMBER:

- Check your pen to make sure it's the correct one (Max SoloStar or SoloStar)
- Always attach a new needle prior to dialing a dose
- Always perform a safety test on a new pen and before every injection to ensure the pen and needle are working
- If your pen is damaged or not working properly, don't use it
- Always carry a spare pen and spare needles in case they are lost or stop working
- Never inject into a vein or reuse needles
- Change (rotate) where you inject each time as your doctor instructs

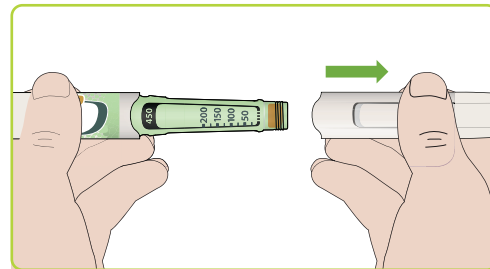


# 1 PREP YOUR PEN

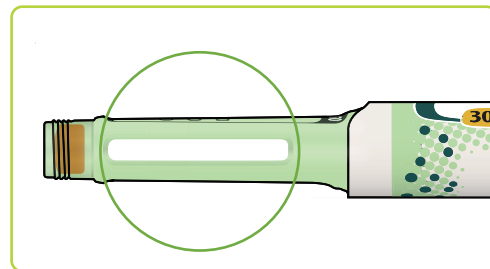
First, take your new pen out of the fridge at least 1 hour before use. (Cold insulin may be more painful to inject.)



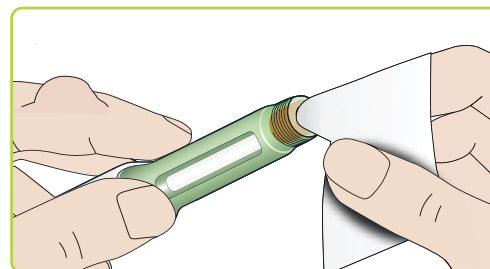
**A.** Double check to make sure it's the correct pen. In case you have multiple pens—for diabetes or other conditions—check the name and expiration date on your pen to be sure you've got the right one. Do not use your pen after the expiration date printed on the label.



**B.** Start off with clean hands, then remove the cap and make sure the insulin is clear. Don't use the pen if the insulin looks cloudy, colored, or contains particles.



**C.** If you see air bubbles inside the window, don't worry, it's normal.

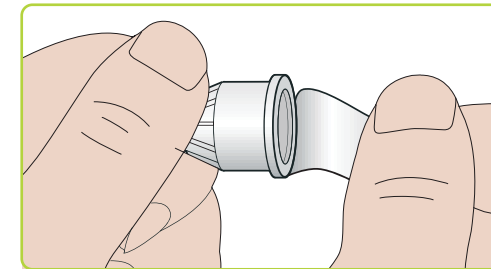


**D.** Wipe the rubber seal with an alcohol swab.

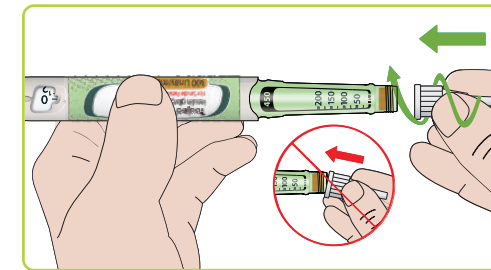
Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

# 2 ATTACH A NEW NEEDLE

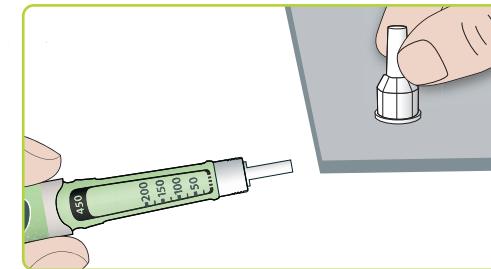
You'll notice when you open your new pen, there's no needle. Attach a new one, and do so again every time you inject. Never reuse needles, and always use needles\* from BD (such as BD Ultra-Fine®), Ypsomed (such as Clickfine®), or Owen Mumford (such as Unifine® Pentips®).



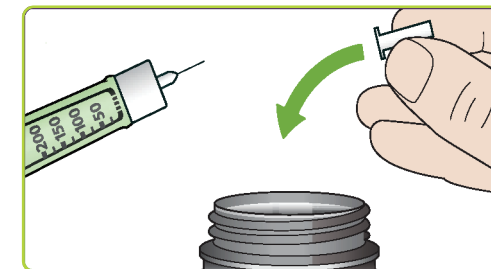
**A.** Take a new needle and peel off the protective seal. Be careful when you are handling needles to help prevent accidental needle-stick injury. You may give other people a serious infection, or get a serious infection from them.



**B.** Hold the needle straight and screw it on—but don't over-tighten.



**C.** Pull off the outer needle cap and keep it for later when removing the needle.

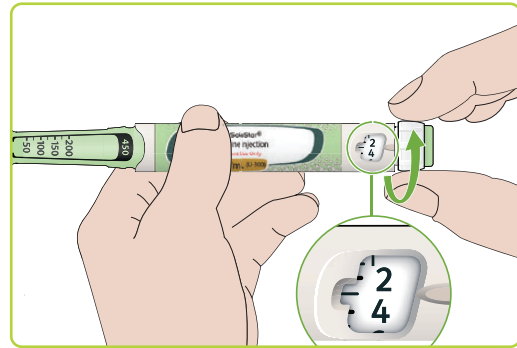


**D.** Then pull off the inner needle cap and throw it away.

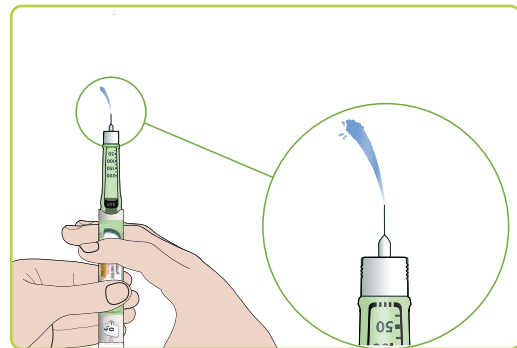
\*Other brands listed are the registered trademarks of their respective owners and are not trademarks of sanofi-aventis U.S. LLC.

### 3 DO A SAFETY CHECK

OK, this is really important: **Always perform a safety test before each injection.**



- A.** **Max SoloStar:** Select 4 units by turning the dose selector until the dose pointer is at 4.  
**SoloStar:** Select 3 units by turning the dose selector until the dose pointer is between 2 and 4.



- B.** Then press the injection button all the way in. When insulin comes out of the needle tip, your pen is working correctly.

If no insulin comes out, repeat step B above a few times. If no insulin appears after 3 to 6 tries, depending on the pen you have, change the needle and try again. Still no insulin coming out? The pen might be damaged, so use a new one. **Note: Never use a syringe to remove insulin from your pen.**

#### Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

**Change (rotate) your injection sites within the area you chose with each dose** to reduce your risk of getting pitted or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) at the injection sites. **Do not** use the same spot for each injection or inject where the skin is pitted, thickened, lumpy, tender, bruised, scaly, hard, scarred, or damaged.

Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

### 4 SELECT YOUR DOSE

You'll notice dose unit increments vary by pen.

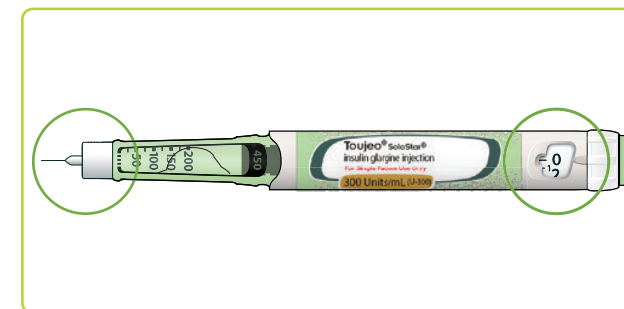


Dose is adjusted in **2-unit** increments on the dose selector dial



Dose is adjusted in **1-unit** increments on the dose selector dial

#### FOR BOTH THE MAX SOLOSTAR AND SOLOSTAR PENS:



- A.** Make sure a needle is attached, and the dose is set to "0". Then turn the dose selector until it lines up with your dose. If you turn past it, turn back. Make sure the window shows your prescribed dose.

When using the pens, do not dial your dose by counting the clicks. You may dial the wrong dose.

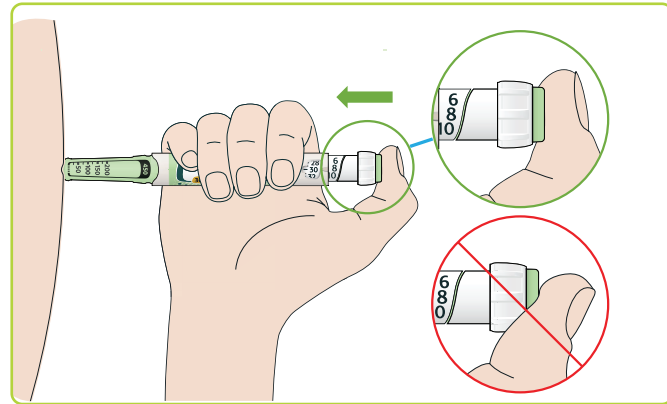
People who have vision problems should not use these pens without help from a person trained to use them.



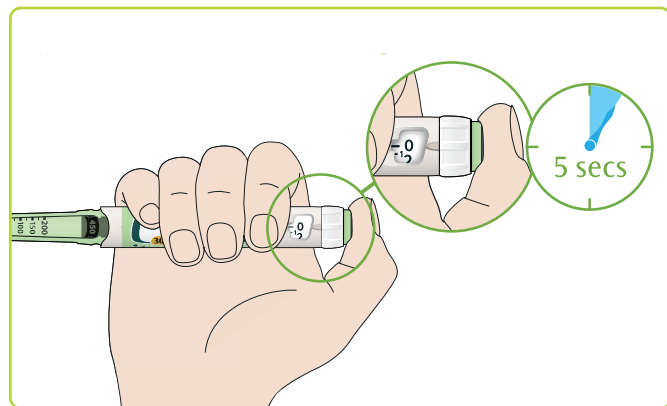
- B.** If there aren't enough units left for your full dose, the selector will stop at however many units are left. So you may need to do a 2nd injection to get your full dose. **To prevent jamming, don't play with or press the dial before use.**

## 5 INJECTION TIME

Choose a place to inject (Injection Zones shown on page 7) and wipe it clean with an alcohol swab before injecting.



**A.** Keeping the pen straight, push the needle into your skin. **Do not** touch the injection button yet. Place your thumb on the injection button, then press all the way in and hold. Do not press at an angle; you don't want your thumb to block the dose selector from turning.



**B.** When you see "0" in the dose window, slowly count to 5 to ensure you get the full dose. Then release the injection button and remove the needle from your skin. You're done with the injection part!

### A REMINDER ABOUT FINDING YOUR DOSE:

Whether you're new to insulin or already on it, your dose may be adjusted over time until your doctor finds the dose of Toujeo that's right for you.

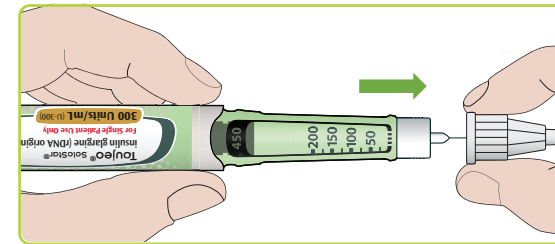
**Since everyone's diabetes is different, sometimes it just takes a bit of fine-tuning based on your needs.**



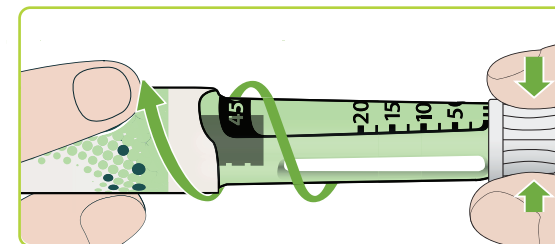
Please see full Important Safety Information for Toujeo throughout. Please [click here](https://products.sanofi.us/toujeo/toujeo.pdf) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

## 6 DISPOSE OF THE NEEDLE

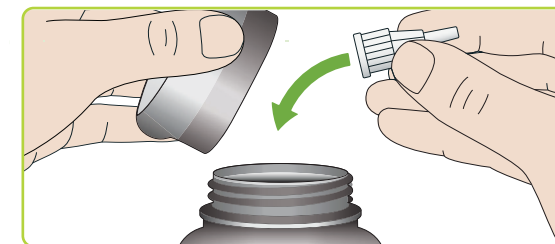
Remember the outer needle cap you placed aside earlier? It's designed to remove the needle too, so grab that now.



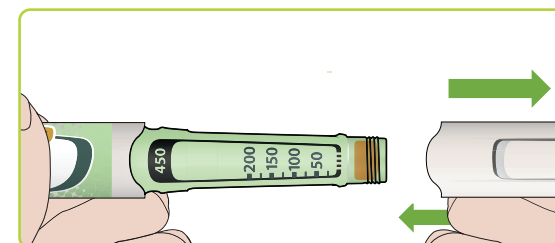
**A.** Place the cap back over the needle, then push firmly. (Careful: the needle can puncture the cap if recapped at an angle.)



**B.** Now hold the cap firmly while using your other hand to unscrew the pen until it separates from the needle.



**C.** Put the used needle into a "sharps" container or empty plastic bottle. (There is more information on sharps containers and disposing of needles in your Instruction Leaflet.)



**D.** Replace the cap to protect your pen until your next injection. **Do not** put the pen back in the refrigerator. Keep your pen at room temperature below 86°F (30°C) for up to 56 days after its first use.

### NEED HELP?

If you have any questions about your pen or about diabetes, ask your healthcare provider, go to [www.Toujeo.com](http://www.Toujeo.com), or call Sanofi-Aventis at **1-800-633-1610**.



## QUICK TIPS

### ON STORING YOUR TOUJEO SOLOSTAR AND TOUJEO MAX SOLOSTAR PENS

#### BEFORE OPENING:



Store your pen in the refrigerator between 36°F and 46°F (2°C and 8°C) in the box provided. And keep the pen cap on!



Never freeze your pen. Once it has been frozen, it cannot be used.



Your pen can remain refrigerated until the expiration date.



Discard pens after the expiration date.



#### PAY NO MORE THAN \$35 IN CO-PAYS\*

**Have insurance?** Be sure to download your co-pay savings card.

**Don't have insurance?** Sanofi offers the Valyou Savings Program that provides eligible patients with a prescription cost of \$35.\* Find out more about both programs [here](#).

\*See Eligibility Restrictions and Offer Terms on back page.

### Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

Heart failure can occur if you are taking insulin together with pills called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with Toujeo. Your treatment with TZDs and Toujeo may need to be changed or stopped by your doctor if you have new or worsening heart failure. Tell your doctor if you have any new or worsening symptoms including:

- Shortness of breath
- Sudden weight gain
- Swelling of your ankles or feet

Please see full Important Safety Information for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

## THINGS TO REMEMBER

### WHEN YOU ARE READY TO STORE YOUR TOUJEO SOLOSTAR OR TOUJEO MAX SOLOSTAR PEN AFTER USING

#### AFTER USING:



Make sure your pen stays below 86°F (30°C). And, never put your pen back in the fridge once it has been opened.



Keep your pen out of direct heat and light.



If it has been 56 days since the first use, dispose of the pen properly. Even if there is still insulin inside.

#### KEY POINTS TO REMEMBER:

- Never use beyond the expiration date printed on the label
- Never use if insulin is cloudy, colored, or has particles in it
- Never store your pen with the needle attached
- Never share your pen with other people, even if the needle has been changed



#### SAFETY TIPS FOR DISPOSING OF USED NEEDLES

Remember to attach a new needle every time you inject. Never reuse the needles. After each injection, it is important to dispose of the needles safely. Here's how:



Place the used needles (known as "sharps") in a sharps container, which can be bought at a local drugstore.



Needles can be dangerous, so make sure to follow community guidelines for proper disposal. And never place them in the trash, recyclables, toilet, or down a sewer drain.

#### WHERE TO GET RID OF YOUR SHARPS CONTAINER

- Most doctors' offices, hospitals, pharmacies, health departments, or fire stations can collect sharps containers
- Ask your doctor or pharmacist about other locations
- Visit [SafeNeedleDisposal.org](https://www.safeneedledisposal.org) or [fda.gov/safesharpsdisposal](https://www.fda.gov/safesharpsdisposal)



## GET MORE SUPPORT AT TEAMINGUP

There's a lot to think about when you live with diabetes. What you eat, how you exercise, and creating a routine are all essential to managing your diabetes well. It takes a plan.

At TeamingUp you'll find resources and tips so you can create a plan that's right for you.

- **VIDEOS**

Hear from peers about how they created a way to live fully with their diabetes

- **EXERCISE**

Hear from experts on how exercise helps with managing your diabetes

- **EATING**

From meal planning to delicious recipes, learn how diet plays an important part in managing your diabetes

- **TEAM COACHES** and champions to help you at every phase of your diabetes management



Get support at [TeamingUp](#) to help manage your diabetes and more. Learn how to plan and cook delicious meals, create exercise routines, and more. You can also use your phone to scan the code.



Please see full Important Safety Information for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for full Prescribing Information for Toujeo.

### Important Safety Information for Toujeo U-300 (insulin glargine) injection (cont'd)

Tell your doctor about all the medications you take, including OTC medicines, vitamins, and supplements, and herbal supplements.

Toujeo should be taken at the same time once a day. Test your blood sugar levels daily while using any insulin. Do not change your dose or type of insulin without talking to your doctor. Verify you have the correct insulin before each injection. **Do NOT use a syringe to remove Toujeo from your pen.** Your dose for Toujeo may be different from other insulins you have taken. Any change of insulin should be made cautiously and only under medical supervision.

**Do NOT dilute or mix Toujeo with any other insulin or solution.** It will not work as intended and you may lose blood sugar control, which could be serious. Use Toujeo only if the solution is clear and colorless with no particles visible.

While using Toujeo, do not drive or operate heavy machinery until you know how Toujeo affects you. Don't drink alcohol or use other medicines that contain alcohol.

**The most common side effect of Toujeo is low blood sugar (hypoglycemia), which may be serious and life-threatening.** Severe hypoglycemia may cause harm to your heart or brain. Symptoms of serious low blood sugar may include shaking, sweating, fast heartbeat, and blurred vision. The long-acting effect of Toujeo may delay recovery from low blood sugar compared to shorter-acting insulins.

Toujeo may cause severe allergic reactions that can lead to death. Get medical help right away if you have:

- A rash over your whole body
- Shortness of breath
- Swelling of your face, tongue, or throat
- Extreme drowsiness, dizziness, or confusion
- Trouble breathing
- Fast heartbeat
- Sweating

Toujeo may have additional side effects including swelling, weight gain, low potassium, and injection site reactions which may include change in fat tissue, skin thickening, redness, swelling, and itching.

Toujeo SoloStar and Toujeo Max SoloStar are single-patient-use prefilled insulin pens. It is important to perform a safety test when using a new pen for the first time. Talk to your doctor about proper injection technique and follow instructions in the *Instruction Leaflet* that comes with your Toujeo SoloStar or Toujeo Max SoloStar pen.

Please see Full Important Safety Information for Toujeo throughout. Please [click here](#) or visit <https://products.sanofi.us/toujeo/toujeo.pdf> for Full Prescribing Information for Toujeo.

**\*Eligibility Restrictions & Offer Terms:**

**Insulins Valyou Savings Program: This savings program is not insurance.** For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs, or commercial/private insurance. Only patients without prescription medication insurance can apply for this offer. Void where prohibited by law. For the duration of the program, eligible cash paying patients will pay \$35 per 30 Day Supply. To pay \$35 per 30 Day Supply, you must fill all your Sanofi Insulin prescriptions at the same time, together each month. The Insulins Valyou Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind.

revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Insulins Valyou Savings Program at (833) 813-0190 (8:00 am-8:00 pm EST, Monday-Friday).

**Sanofi Insulins Co-pay Savings Program: This savings program is not insurance.** For a complete list of participating brands, products, and National Drug Codes (NDCs) [Click Here](#). This offer is not valid for prescriptions covered by or submitted for reimbursement, in whole or in part, under Medicare, Medicaid, VA, DOD, TRICARE, similar federal or state programs, including any state pharmaceutical programs. If you have an Affordable Care (Health Care Exchange) plan, you may still be qualified to receive and use this savings card. Please note: the Federal Employees Health Benefits (FEHB) Program is not a federal or state government health care program for purposes of the savings program. Void where prohibited by law. For the duration of the program, eligible commercially insured patients pay no more than \$35 per 30-day supply, up to 10 packs per fill; Offer valid for one fill every 30 days. Savings may vary depending on patients' out-of-pocket costs. The Sanofi Insulins Co-pay Savings Program applies to the cost of medication. There are other relevant costs associated with overall treatment. Sanofi reserves the right to rescind, revoke, terminate, or amend this offer, eligibility, and terms of use at any time without notice. Upon registration, patients will receive all program details. For questions regarding your eligibility or benefits, or if you wish to discontinue your participation, call the Sanofi Insulins Co-pay Savings Program at (866) 255-8661 (8:00 am-8:00 pm EST, Monday-Friday).

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