

Humalog Mix25 100 U/ml KwikPen, suspension for injection (insulin lispro)

Read all of this leaflet carefully before you start using this medicine.

- Keep this leaflet. You may need to read it again.

- If you have any further questions, ask your doctor or pharmacist.

- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Humalog Mix25 KwikPen is and what it is used for
2. Before you use Humalog Mix25 KwikPen
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4. Possible side effects
5. How to store Humalog Mix25 KwikPen
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1. WHAT HUMALOG MIX25 KWIKPEN IS AND WHAT IT IS USED FOR

Humalog Mix25 KwikPen is used to treat diabetes. It is a premixed suspension. Its active substance is insulin lispro. 25% of the insulin lispro in Humalog Mix25 KwikPen is dissolved in water and it works more quickly than normal human insulin because the insulin molecule has been changed slightly. 75% of the insulin lispro in Humalog Mix25 KwikPen is available in a

suspension together with protamine sulphate, so that its action is prolonged.

You get diabetes if your pancreas does not make enough insulin to control the level of glucose in your blood. Humalog Mix25 is a substitute for your own insulin and is used to control glucose in the long term. Humalog Mix25 works very quickly and longer than soluble insulin. You should normally use Humalog Mix25 within 15 minutes of a meal.

Your doctor may tell you to use Humalog Mix25 KwikPen as well as a longer-acting insulin. Each kind of insulin comes with another patient information leaflet to tell you about it. Do not change your insulin unless your doctor tells you to. Be very careful if you do change insulin.

2. BEFORE YOU USE HUMALOG MIX25 KWIKPEN

Do not use Humalog Mix25 KwikPen - if you think hypoglycaemia (low blood sugar) is starting. Further in this leaflet it tells you how to deal with mild hypoglycaemia.

- if you are allergic (hypersensitive) to insulin lispro or any of the other ingredients of Humalog Mix25 KwikPen.

Take special care with Humalog Mix25 KwikPen

• If your blood sugar levels are well controlled by your current insulin therapy, you may not feel the warning symptoms when your blood sugar is falling too low. Warning signs are listed later in this leaflet. You must think carefully about when to have your meals, how often to exercise and how much to do. You must also keep a close

watch on your blood sugar levels by testing your blood glucose often.

• A few people who have had hypoglycaemia after switching from animal insulin to human insulin have reported that the early warning symptoms were less obvious or different. If you often have hypoglycaemia or have difficulty recognising them, please discuss this with your doctor.

• If you answer YES to any of the following questions, tell your doctor, pharmacist or diabetes nurse

- Have you recently become ill?
- Do you have trouble with your kidneys or liver?
- Are you exercising more than usual?

• The amount of insulin you need may also change if you drink alcohol.

• You should also tell your doctor, pharmacist or diabetes nurse if you are planning to go abroad. The time difference between countries may mean that you have to have your injections and meals at different times from when you are at home.

• Some patients with long-standing type 2 diabetes mellitus and heart disease or previous stroke who were treated with pioglitazone and insulin experienced the development of heart failure. Inform your doctor as soon as possible, if you experience signs of heart failure such as unusual shortness of breath or rapid increase in weight or localised swelling (oedema).

Using other medicines

Your insulin needs may change if you are taking the

contraceptive pill, steroids, thyroid hormone replacement therapy, oral hypoglycaemics, acetyl salicylic acid, sulpha antibiotics, octreotide, “beta2 stimulants” (for example ritodrine, salbutamol or terbutaline), beta-blockers, or some antidepressants (monoamine oxidase inhibitors or selective serotonin reuptake inhibitors), danazol, some angiotensin converting (ACE) inhibitors (for example captopril, enalapril), and angiotensin II receptor blockers. Please tell your doctor, if you are taking or have recently taken any other medicines, including medicines obtained without a prescription (see section “Take special care with Humalog Mix25 KwikPen”).

Pregnancy and breast-feeding

Are you pregnant or thinking about becoming pregnant, or are you breast-feeding? The amount of insulin you need usually falls during the first three months of pregnancy and increases for the remaining six months. If you are breast-feeding, you may need to alter your insulin intake or diet. Ask your doctor for advice.

Driving and using machines

Your ability to concentrate and react may be reduced if you have hypoglycaemia. Please keep this possible problem in mind in all situations where you might put yourself and others at risk (e.g. driving a car or operating machinery). You should contact your doctor about the advisability of driving if you have:

- frequent episodes of hypoglycaemia
- reduced or absent warning signs of hypoglycaemia

3. HOW TO USE HUMALOG MIX25 KWIKPEN

Always check the pack and the label of the pre-filled pen for the name and type of the insulin when you get it from your pharmacy. Make sure you get the Humalog Mix25 KwikPen that your doctor has told you to use.

Always use Humalog Mix25 KwikPen exactly as your doctor has told you. You should check with your doctor if you are not sure.

Dosage

- You should normally inject Humalog Mix25 within 15 minutes of a meal. If you need to, you can inject soon after a meal. But your doctor will have told you exactly how much to use, when to use it, and how often. These instructions are only for you. Follow them exactly and visit your diabetes clinic regularly.

- If you change the type of insulin you use (for example from a human or animal insulin to a Humalog product), you may have to take more or less than before. This might just be for the first injection or it may be a gradual change over several weeks or months.

- Inject Humalog Mix25 under the skin. You should not administer it using a different administration route. Under no circumstances should Humalog Mix25 be given intravenously.

Preparing Humalog Mix25 KwikPen

- The KwikPen should be rotated in the palms of the hands ten times and inverted 180° ten times immediately before use to resuspend insulin until it appears uniformly cloudy or milky. If not, repeat the above procedure until contents are mixed. Cartridges contain a small glass

bead to assist mixing. Do not shake vigorously as this may cause frothing which may interfere with the correct measurement of the dose. The cartridges should be examined frequently and should not be used if clumps of material are present or if solid white particles stick to the bottom or wall of the cartridge, giving it a frosted appearance. Check each time you inject yourself.

Getting the KwikPen ready to use (Please see user manual)

- First wash your hands.

- Read the instructions on how to use your pre-filled insulin pen. Please follow the instructions carefully. Here are some reminders.

- Use a clean needle. (Needles are not included).

- Prime your KwikPen before each use. This checks that insulin comes out and clears the air bubbles from your KwikPen. There may still be some small air bubbles left in the pen - these are harmless. But if the air bubbles are too large it may affect the insulin dose.

Injecting Humalog Mix25

- Before you make an injection, clean your skin as you have been instructed. Inject under the skin, as you were taught. Do not inject directly into a vein. After your injection, leave the needle in the skin for five seconds to make sure you have taken the whole dose. Do not rub the area you have just injected. Make sure you inject at least half an inch (1 cm) from where you last injected and that you ‘rotate’ the places you inject, as you have been taught.

After injecting

- As soon as you have done the injection, unscrew the needle from the KwikPen using the outer needle cap. This will keep the insulin sterile and stop it leaking. It also stops air entering the pen and your needle clogging. **Do not share your needles.** Do not share your pen. Replace the cap on the pen.

Further injections

- Every time you use a KwikPen you must use a new needle. Before every injection, clear any air bubbles. You can see how much insulin is left by holding the KwikPen with the needle pointing down. The scale on the cartridge shows about how many units you have left.

- Do not mix any other insulin in your disposable pen. Once the KwikPen is empty, do not use it again. Please get rid of it carefully - your pharmacist or diabetes nurse will tell you how to do this.

If you take more Humalog Mix25 than you need

If you take more Humalog Mix25 than you need, a low blood sugar may occur. Check your blood sugar.

If your blood sugar is low, eat glucose tablets, sugar or drink a sugary drink. Then eat fruit, biscuits, or a sandwich, as your doctor has advised you and have some rest. This will often get you over mild hypoglycaemia or a minor insulin overdose. If you get worse and your breathing is shallow and your skin gets pale, tell your doctor at once. A glucagon injection can treat quite severe hypoglycaemia. Eat glucose or sugar after the glucagon injection. If you do not respond to glucagon, you will have to go to hospital. Ask your

doctor to tell you about glucagon.

If you forget to use Humalog Mix25

If you take less Humalog Mix25 than you need, a high blood sugar may occur. Check your blood sugar

If hypoglycaemia (low blood sugar) or hyperglycaemia (high blood sugar) is not treated they can be very serious and cause headaches, nausea, vomiting, dehydration, unconsciousness, coma or even death (see A and B in section 4 “Possible Side Effects”).

- Always keep spare syringes and a spare vial of Humalog Mix25, or a spare pen and cartridges, in case you lose your KwikPen or it gets damaged.
- Always carry something to show you are diabetic.
- Always carry sugar with you.

If you stop using Humalog Mix25.

If you take less Humalog Mix25 than you need, a high blood sugar may occur. Do not change your insulin unless your doctor tells you to.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Humalog Mix25 can cause side effects, although not everybody gets them. Local allergy is common ($\geq 1/100$ to $<1/10$). Some people get redness, swelling or itching around the area of the insulin injection. This usually clears up in anything from a few days to a

few weeks. If this happens to you, tell your doctor. Systemic allergy is rare ($\geq 1/10,000$ to $<1/1,000$). The symptoms are as follows:

- rash over the whole body
- blood pressure dropping
- difficulty in breathing
- heart beating fast
- wheezing
- sweating

If you think you are having this sort of insulin allergy with Humalog Mix25, tell your doctor at once.

Lipodystrophy (thickening or pitting of the skin) is uncommon ($\geq 1/1,000$ to $<1/100$). If you notice your skin thickening or pitting at the injection site, tell your doctor.

Oedema (e.g. swelling in arms, ankles; fluid retention) has been reported, particularly at the start of insulin therapy or during a change in therapy to improve control of your blood glucose. If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Common problems of diabetes

A. Hypoglycaemia

Hypoglycaemia (low blood sugar) means there is not enough sugar in the blood. This can be caused if:

- you take too much Humalog Mix25 or other insulin;
- you miss or delay meals or change your diet;

- you exercise or work too hard just before or after a meal;
- you have an infection or illness (especially diarrhoea or vomiting);
- there is a change in your need for insulin; or
- you have trouble with your kidneys or liver which gets worse.

Alcohol and some medicines can affect your blood sugar levels.

The first symptoms of low blood sugar usually come on quickly and include the following:

- tiredness
- rapid heartbeat
- nervousness or shakiness
- feeling sick
- headache
- cold sweat

While you are not confident about recognising your warning symptoms, avoid situations, e.g. driving a car, in which you or others would be put at risk by hypoglycaemia.

B. Hyperglycaemia and diabetic ketoacidosis

Hyperglycaemia (too much sugar in the blood) means that your body does not have enough insulin.

Hyperglycaemia can be brought about by:

- not taking your Humalog or other insulin;
- taking less insulin than your doctor tells you to;

- eating a lot more than your diet allows; or
- fever, infection or emotional stress.

Hyperglycaemia can lead to diabetic ketoacidosis. The first symptoms come on slowly over many hours or days. The symptoms include the following:

- feeling sleepy
 - no appetite
 - flushed face
 - fruity smell on the breath
 - thirst
 - feeling or being sick
- Severe symptoms are heavy breathing and a rapid pulse. **Get medical help immediately.**

C. Illness

If you are ill, especially if you feel sick or are sick, the amount of insulin you need may change. **Even when you are not eating normally, you still need insulin.** Test your urine or blood, follow your 'sick rules', and tell your doctor.

5. HOW TO STORE HUMALOG MIX25 KWIKPEN

Before the first use store your Humalog Mix25 KwikPen in a refrigerator (2°C – 8°C). Do not freeze.

Keep your Humalog Mix25 KwikPen in use at room temperature (15° - 30°C) and discard after 28 days. Do not put it near heat or in the sun. Do not keep the KwikPen that you are using in the fridge.

The KwikPen should not be stored with the needle attached. Keep out of the reach and sight of children.

Do not use Humalog Mix25 KwikPen after the expiry date which is stated on the label and the carton.

The expiry date refers to the last day of that month.

Do not use Humalog Mix25 KwikPen, if clumps of material are present or if solid white particles stick to the bottom or wall of the cartridge, giving it a frosted appearance. Check each time you inject yourself.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Humalog Mix25 100 U/ml KwikPen, suspension for injection contains

- The active substance is insulin lispro. Insulin lispro is made in the laboratory by a 'recombinant DNA technology' process. It is a changed form of human insulin and so is different from other human and animal insulins. Insulin lispro is closely related to human insulin which is a natural hormone made by the pancreas.

- The other ingredients are protamine sulphate, m-cresol, phenol, glycerol, dibasic sodium phosphate 7H₂O, zinc oxide and water for injection. Sodium hydroxide or hydrochloric acid may have been used to adjust the acidity.

What Humalog Mix25 100 U/ml KwikPen, suspension for injection looks like and contents of the pack

Humalog Mix25 100 U/ml KwikPen, suspension for injection is a white, sterile

suspension and contains 100 units of insulin lispro in each millilitre (100 U/ml) suspension for injection. 25% of the insulin lispro in Humalog Mix25 is dissolved in water. 75% of the insulin lispro in Humalog Mix25 is available in a suspension together with protamine sulphate. Each Humalog Mix25 KwikPen contains 300 units (3 millilitres). The Humalog Mix25 KwikPen comes in a pack of 5 pre-filled pens or a multipack of 2 x 5 pre-filled pens. Not all pack sizes may be marketed. The Humalog Mix25 in your KwikPen is the same as the Humalog Mix25, which comes in separate Humalog Mix25 cartridges. The KwikPen simply has a built in cartridge. When the KwikPen is empty you cannot use it again.

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Marketing Authorisation Holder

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Ampaian untuk suntikan Humalog Mix25 100 U/ml KwikPen (insulin lispro)

Sila baca semua maklumat di dalam risalah ini dengan teliti sebelum anda mula menggunakan ubat ini.

- Simpan risalah ini. Anda mungkin perlu membacanya lagi.
- Jika anda ada soalan lanjut, tanya doktor atau ahli farmasi anda.
- Ubat ini telah dipreskribkan untuk anda. Jangan berikan ubat ini kepada orang lain. Ubat ini boleh memudaratkan mereka walaupun simptom-simptom mereka sama seperti simptom-simptom anda.
- Jika mana-mana kesan sampingan bertambah serius, atau anda perasan sebarang kesan sampingan yang tidak disenaraikan dalam risalah ini, sila beritahu doktor atau ahli farmasi anda.

Di dalam risalah ini:

1. Apa itu Humalog Mix25 KwikPen dan untuk apa ia digunakan
2. Sebelum anda gunakan Humalog Mix25 KwikPen
3. Cara menggunakan Humalog Mix25 KwikPen
4. Kesan-kesan sampingan yang mungkin dialami
5. Cara menyimpan Humalog Mix25 KwikPen
6. Maklumat lanjut

1. APA ITU HUMALOG MIX25 KWIKPEN DAN

UNTUK APA IA DIGUNAKAN

Humalog Mix25 KwikPen digunakan untuk merawat diabetes. Ia merupakan suatu ampaian pracampur. Bahan aktifnya ialah insulin lispro. 25% daripada insulin lispro di dalam Humalog Mix25 KwikPen dilarutkan di dalam air dan ia berfungsi dengan lebih cepat daripada insulin manusia biasa kerana molekul insulin telah ditukar sedikit. 75% daripada insulin lispro di dalam Humalog Mix25 KwikPen adalah tersedia dalam bentuk ampaian bersama protamina sulfat supaya tindakannya berlanjutan.

Anda mendapat diabetes jika pankreas anda tidak menghasilkan insulin dengan cukup untuk mengawal paras glukos di dalam darah anda. Humalog Mix25 ialah pengganti untuk insulin anda sendiri dan digunakan untuk mengawal glukos dalam jangka panjang. Humalog Mix25 bertindak dengan cukup pantas dan bertahan lebih lama berbanding insulin boleh larut. Anda biasanya haruslah menggunakan Humalog Mix25 dalam 15 minit selepas makan.

Doktor anda mungkin akan meminta anda untuk menggunakan KwikPen Humalog Mix25 serta suatu insulin yang bertindak lebih lama. Setiap jenis insulin disertakan dengan satu risalah maklumat untuk pesakit yang memberi penerangan mengenainya. Jangan tukar insulin anda melainkan doktor anda mengarahkan anda untuk berbuat demikian. Berhati-hatilah jika anda menukar insulin.

2. SEBELUM ANDA MENGGUNAKAN

KWIKPEN HUMALOG MIX25

Jangan gunakan Humalog Mix25 KwikPen

- **jika anda fikir bahawa hipoglisemia (gula darah rendah) telah bermula. Di dalam halaman seterusnya, risalah ini menerangkan cara menangani hipoglisemia sederhana.**

- jika anda mempunyai alergi (hipersensitif) terhadap insulin lispro atau mana-mana ramuan lain KwikPen Humalog Mix25.

Berhati-hatilah dengan KwikPen Humalog Mix25

- Jika paras gula darah anda dikawal baik dengan terapi insulin sekarang, anda mungkin tidak merasa sebarang simptom amaran apabila gula darah anda menurun ke paras terlalu rendah. Tanda-tanda amaran ada disenaraikan di halaman seterusnya di dalam risalah ini. Anda hendaklah memikirkan dengan teliti tentang waktu untuk makan, kekerapan bersenam dan berapa banyak patut dilakukan. Anda juga hendaklah mengawasi paras gula darah anda dengan kerap menguji glukos darah anda.

- Beberapa orang yang pernah mengalami hipoglisemia selepas bertukar dari insulin haiwan ke insulin manusia telah melaporkan bahawa simptom-simptom amaran awal itu tidak begitu ketara atau adalah berlainan. Jika anda kerap mengalami hipoglisemia atau sukar mengenalinya, sila berbincang dengan doktor anda.

- Jika anda menjawab YA kepada mana-mana daripada soalan-soalan berikut, beritahu

doktor, ahli farmasi atau jururawat diabetes anda:

- Adakah anda kurang sihat akhir-akhir ini?
- Adakah anda menghadapi masalah dengan ginjal atau hati anda?
- Adakah anda melakukan lebih banyak senaman daripada biasa?
- Jumlah insulin yang anda perlukan boleh juga berubah jika anda minum alkohol.
- Anda hendaklah juga memberitahu doktor, ahli farmasi atau jururawat diabetes anda jika anda merancang untuk ke luar negara. Perbezaan waktu di antara negara-negara boleh bermakna yang anda perlu mendapatkan suntikan dan sarapan pada waktu yang berlainan dari ketika anda berada di rumah.
- Seseorang pesakit yang menghidap diabetes melitus jenis 2 yang berlarutan dan penyakit jantung atau strok sebelumnya yang dirawat dengan pioglitazone dan insulin mengalami pembentukan kegagalan jantung. Sila beritahu doktor anda secepat mungkin sekiranya anda mengalami tanda-tanda kegagalan jantung seperti sesak nafas luar biasa atau pertambahan mendadak berat badan atau bengkak setempat (edema).

Menggunakan ubat-ubat lain

Keperluan insulin anda boleh berubah jika anda mengambil pil kontraseptif, steroid, terapi penggantian hormon tiroid, ubat hipoglisemia oral, asid asetil salisilik, antibiotik sulfa, oktreetida, “perangsang beta2” (contohnya ritodrine, salbutamol atau terbutaline), penyekat beta, atau beberapa antidepresan (perencat monoamina oksidase

atau perencat pengambilan semula serotonin berpilih), danazol, beberapa perencat pengubah angiotensin (contohnya captopril, enalapril), dan penyekat reseptor angiotensin II. Sila beritahu doktor anda sekiranya anda sedang atau akhir-akhir ini mengambil ubat-ubat lain, termasuk ubat yang didapati tanpa preskripsi (lihat seksyen “Berhati-hatilah dengan Humalog Mix25 KwikPen”).

Kehamilan dan penyusuan bayi

Adakah anda hamil atau berhasrat untuk menjadi hamil, atau adakah anda menyusukan bayi? Jumlah insulin yang anda perlukan biasanya menurun dalam tiga bulan pertama kehamilan dan meningkat dalam baki enam bulan lagi. Jika ada menyusukan bayi, anda mungkin perlu menukar pengambilan insulin atau diet anda. Sila dapatkan nasihat daripada doktor anda.

Memandu dan menggunakan jentera

Keupayaan anda untuk menumpukan perhatian dan bertindak balas mungkin berkurangan jika anda menghadapi hipoglisemia. Ingatlah masalah ini dalam semua keadaan yang mungkin menyebabkan anda dan orang lain menghadapi risiko (misalnya memandu kereta atau mengendalikan mesin). Sila hubungi doktor anda mengenai kebijaksanaan memandu jika anda:

- sering mengalami episod hipoglisemia
- mengalami tanda-tanda amaran hipoglisemia yang berkurangan atau tidak wujud.

3. CARA MENGGUNAKAN HUMALOG MIX25 KWIKPEN

Sentiasa periksa pek dan label pada pena praisi untuk memastikan nama dan jenis insulin apabila anda mendapatkannya dari farmasi. Pastikan Humalog Mix25 KwikPen yang anda dapat itu adalah seperti yang diarahkan oleh doktor anda untuk anda gunakan.

Sentiasa gunakan KwikPen Humalog betul-betul seperti yang diarahkan oleh doktor anda. Anda hendaklah bertanya dengan doktor anda jika tidak pasti.

Dos

- Biasanya, anda seharusnya menyuntik Humalog Mix25 dalam tempoh 15 minit selepas makan. Jika perlu, anda boleh menyuntik Humalog sebaik sahaja selepas makan. Doktor anda seharusnya telah memberitahu anda banyak mana, bagaimana dan berapa kerap untuk mengambilnya. Arahan-arahan ini adalah hanya untuk anda. Ikutlah arahan-arahan ini betul-betul dan lawatilah klinik diabetes anda dengan tetap.
- Jika anda mengubah jenis insulin yang anda gunakan (misalnya dari insulin manusia atau haiwan kepada suatu produk Humalog), anda mungkin perlu mengambil lebih atau kurang daripada sebelumnya. Ini mungkin hanya untuk suntikan pertama atau ia mungkin perubahan beransur-ansur sepanjang beberapa minggu atau bulan.
- Suntikkan Humalog Mix25 di bawah kulit. Anda tidak boleh

memberikannya melalui laluan pemberian lain. Jangan sekali-kali memberikan Humalog Mix25 secara intravena.

Menyediakan KwikPen Humalog Mix25

- KwikPen hendaklah diputar-putarkan sepuluh kali di tapak tangan dan diterbalikkan 180° sepuluh kali sejarus sebelum digunakan bagi mengampai semula insulin sehingga ia kelihatan keruh atau putih seragam. Jika tidak, ulangi prosedur di atas sehingga insulin itu dicampur dengan sempurna. Kartrij mengandungi sebutir manik kecil untuk membantu proses pencampuran. Jangan goncang dengan kuat kerana itu boleh menyebabkan pembuihan dan boleh mengganggu pengukuran tepat dos itu. Kartrij itu hendaklah selalu diperiksa dan tidak digunakan jika sebarang gumpalan dikesan atau ada zarah pepejal melekat pada dinding atau bahagian bawah kartrij, yang menyebabkan ia kelihatan berkabut. Periksa setiap kali anda menyuntik diri anda.

Menyediakan KwikPen untuk digunakan (Sila lihat manual pengguna)

- Mula-mula basuh tangan anda.
- Baca arahan mengenai cara menggunakan pena insulin praisi anda. Sila ikut arahan dengan teliti. Berikut ialah beberapa peringatan.
- Gunakan jarum bersih (Jarum tidak disertakan).
- Sediakan KwikPen anda setiap kali sebelum digunakan. Ini memastikan bahawa insulin keluar dan menghapuskan gelembung udara daripada

KwikPen anda. Sedikit gelembung udara mungkin masih tinggal di dalam pena – ini tidak memudaratkan. Tetapi jika gelembung udara itu terlalu besar, ia mungkin menjejaskan dos insulin itu.

Menyuntikkan Humalog Mix25

- Sebelum anda melakukan sebarang penyuntikan, bersihkan kulit anda seperti yang telah diarahkan. Suntik di bawah kulit seperti yang telah ditunjukkan kepada anda. Jangan suntik terus ke dalam vena. Selepas penyuntikan, biarkan jarum di dalam kulit selama lima saat untuk memastikan yang anda telah menerima keseluruhan dos. Jangan gosok tapak yang baru disuntik. Pastikan tapak suntikan itu sekurang-kurangnya setengah inci (1 cm) dari tapak suntikan terdahulu dan anda memilih tapak-tapak suntikan itu mengikut giliran, seperti yang telah ditunjukkan kepada anda.

Selepas menyuntik

- Sebaik sahaja anda selesai menyuntik, tanggalkan jarum dari KwikPen dengan menggunakan penutup luar jarum. Ini akan mengekalkan insulin steril dan menghalang kebocoran. Ia juga akan menghalang udara daripada masuk semula ke dalam pena dan menyumbat jarum anda. **Jangan berkongsi jarum anda.** Jangan berkongsi pena anda. Lekapkan semula penutup pada pena anda.

Suntikan seterusnya

- Anda hendaklah menggunakan jarum baru setiap kali anda menggunakan KwikPen. Sebelum setiap suntikan, hapuskan gelembung

udara jika ada. Anda boleh nampak berapa banyak baki insulin dengan memegang KwikPen dengan jarum menghala ke bawah. Skel pada kartrij menunjukkan berapa banyak unit yang masih tinggal.

- Jangan campurkan insulin lain di dalam pena pakai buang anda. Apabila KwikPen sudah kosong, jangan gunakan semula. Buang KwikPen yang kosong itu dengan berhati-hati - ahli farmasi atau jururawat diabetes anda akan menunjukkan cara melakukannya.

Jika anda ambil Humalog Mix25 lebih daripada apa yang anda perlukan

Jika anda ambil Humalog Mix25 lebih daripada apa yang anda perlukan, gula darah rendah boleh berlaku. Periksa paras gula darah anda.

Jika paras gula darah anda rendah, makan tablet glukos atau gula atau minuman bergula. Kemudian makan buah-buahan, biskut, atau sandwich seperti yang dikatakan oleh doktor anda, dan berehatlah. Selalunya, ini akan memulihkan hipoglisemia ringan atau dos berlebihan insulin sederhana. Jika keadaan anda bertambah buruk dan pernafasan anda cetek dan kulit anda semakin pucat, beritahu doktor dengan segera. Suntikan glukagon boleh merawat hipoglisemia yang agak teruk. Makan glukos atau gula selepas suntikan glukagon. Jika tiada gerak balas terhadap glukagon, anda hendaklah pergi ke hospital. Dapatkan maklumat mengenai glukagon daripada doktor anda.

Jika anda terlupa mengambil Humalog Mix25

Jika anda ambil Humalog Mix25 kurang daripada apa yang anda perlukan, gula darah tinggi boleh berlaku. Periksa paras gula darah anda.

Jika hipoglisemia (gula darah rendah) atau hiperglisemia (gula darah tinggi) tidak dirawat, penyakit itu boleh menjadi sangat serius dan menyebabkan sakit kepala, mual, muntah, dehidrasi, pengsan, koma bahkan kematian. (lihat A dan B dalam seksyen 4 “Kesan-kesan sampingan yang Mungkin”).

- Sentiasa simpan picagari ganti dan satu vial ganti Humalog Mix25, atau pen dan kartrij ganti seandainya KwikPen anda itu hilang atau rosak.
- Sentiasa bawa sesuatu yang menunjukkan yang anda seorang pesakit diabetes.
- Sentiasa bawa gula bersama anda.

Jika anda berhenti menggunakan Humalog Mix25.

Jika anda mengambil Humalog Mix25 kurang daripada apa yang anda perlukan, gula darah tinggi boleh berlaku. Jangan tukar insulin anda melainkan doktor anda mengarahkan anda berbuat demikian.

Jika anda ada soalan selanjutnya mengenai penggunaan produk ini, tanya doktor atau ahli farmasi anda.

4. KESAN-KESAN SAMPINGAN YANG MUNGKIN

Seperti juga semua ubat, Humalog Mix25 boleh menyebabkan kesan-kesan sampingan, sungguhpun tidak semua orang mendapatnya.

Alergi setempat adalah biasa ($\geq 1/100$ hingga $<1/10$). Sesetengah orang mengalami kemerahan, bengkak atau gatal di sekeliling tapak suntikan. Ini biasanya hilang dalam beberapa hari hingga beberapa minggu. Jika ini berlaku kepada anda, beritahu doktor anda.

Alergi sistemik jarang berlaku ($\geq 1/10,000$ hingga $<1/1,000$). Simptom-simptom adalah seperti berikut:

- ruam di seluruh badan
- tekanan darah menurun
- sukar bernafas
- denyutan jantung laju
- berdehrit
- berpeluh

Jika anda fikir yang anda mengalami alergi insulin sebegini kerana Humalog Mix25, beritahu doktor anda dengan segera.

Lipodistrofi (penebalan atau pelekukan kulit) tidak biasa ($\geq 1/1,000$ hingga $<1/100$). Jika anda perasan kulit di tapak suntikan menjadi tebal atau lekuk, beritahu doktor anda.

Edema (misalnya bengkak pada lengan, pergelangan kaki; penahanan cecair) pernah dilaporkan, terutamanya pada permulaan terapi insulin atau semasa pertukaran terapi bagi menambahbaikkan pengawalan glukos darah anda.

Jika mana-mana kesan sampingan bertambah serius, atau jika anda perasan sebarang kesan sampingan yang tidak disenaraikan di dalam risalah ini, sila beritahu doktor atau ahli farmasi anda.

Masalah biasa diabetes

A. Hipoglisemia

Hipoglisemia (gula darah rendah) bermakna darah anda tidak mengandungi gula yang mencukupi. Ini boleh berlaku jika:

- jika anda mengambil terlalu banyak Humalog Mix25 atau insulin lain;
- anda ketinggalan atau lewat-lewatkan makan atau anda tukar diet anda;
- anda bersenam atau bekerja terlalu banyak sejour sebelum atau selepas waktu makan;
- anda mengalami jangkitan atau penyakit (terutamanya diarea atau muntah);
- ada perubahan dalam keperluan insulin anda; atau
- anda mempunyai masalah yang semakin buruk dengan ginjal atau hati anda.

Alkohol dan sesetengah ubat boleh memberi kesan kepada paras gula darah anda.

Simptom-simptom awal gula darah rendah biasanya muncul dengan cepat dan termasuk yang berikut:

- keletihan
- denyutan jantung yang laju
- kegemuruhan atau kegegaran
- berasa sakit
- sakit kepala
- berpeluh sejuk.

Sekiranya anda tidak yakin dalam mengenali simptom-simptom amaran anda, jauhi keadaan seperti memandu kereta, di mana anda dan orang lain menghadapi risiko disebabkan oleh Hipoglisemia.

tidak boleh menggunakannya
lagi.

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