

Insulin Regular (Human Origin)

PRONUNCIATION: IN-su-lin

BRAND NAME: Examples include Humulin R and Novolin R

PRODUCT DISPENSED: insulin (Humulin R, Novolin R)

Any change of insulin should be made cautiously and only under medical supervision. Changes in purity, strength, brand (manufacturer), type (regular, NPH, lente), species (beef, pork, beef-pork, human), and/or method of manufacture may result in the need for a change in dosage. If an adjustment is needed, it may occur with the first dose or during the first several weeks or months.

This medicine is used for:

Treating diabetes mellitus. This medicine is a hormone that is produced by the pancreas and is necessary for the body's correct use of food, especially sugar. Diabetes occurs when the pancreas does not make enough insulin to meet your body's needs. Insulin helps to keep your blood glucose at a nearly normal level.

Do NOT use this medicine if:

- you are allergic to any ingredient in this medicine
- you are having an episode of low blood sugar

Contact your doctor or health care provider right away if any of these apply to you.

Before using this medicine:

Some medical conditions may interact with this medicine. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have nerve problems
- if you consume alcoholic beverages

Some MEDICINES MAY INTERACT with this medicine. Tell your health care provider if you are taking any other medicines, especially any of the following:

- Beta-blockers (eg, metoprolol, propranolol), ethanol, fenfluramine, monoamine oxidase (MAO) inhibitors (eg, phenelzine), or salicylates (eg, aspirin) because side effects, such as low blood sugar, may occur

This may not be a complete list of all interactions that may occur. Ask your health care provider if this medicine may interact with other medicines that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.

How to use this medicine:

Use this medicine as directed by your doctor. Check the label on the medicine for exact dosing instructions.

- If you will be using this medicine at home, a health care provider will teach you how to use it. Be sure you understand how to use this medicine. Follow the procedures you are taught when you use a dose. Contact your health care provider if you have any questions.
- Do not use this medicine if it contains particles, is discolored, or if the vial is cracked or damaged.

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- Insulin regular is a clear, colorless solution.
- When you are mixing 2 types of insulin, always draw the regular (clear) insulin into the syringe first.
- Be sure you have purchased the correct insulin. Insulin comes in a variety of containers, including vials, cartridges, and pens. Make sure that you understand how to properly measure and prepare your dose. If you have any questions about measuring and preparing your dose, contact your doctor, nurse, or pharmacist for information.
- This medicine begins lowering blood sugar about 30 minutes to 1 hour after an injection. The peak effect occurs from 2 to 3 hours after the dose. The effect lasts between 5 to 7 hours.
- Keep this product, as well as syringes and needles, out of the reach of children and pets. Do not reuse needles, syringes, or other materials. Ask your health care provider how to dispose of these materials after use. Follow all local rules for disposal.
- It is very important to follow your insulin regimen exactly. Do NOT miss any doses. Ask your doctor for specific instructions to follow in case you ever miss a dose of insulin.

Ask your health care provider any questions you may have about how to use this medicine.

Important safety information about this medicine:

- This medicine may cause drowsiness, dizziness, blurred vision, or lightheadedness. These effects may be worse if you take it with alcohol or certain medicines. Use this medicine with caution. Do not drive or perform other possibly unsafe tasks until you know how you react to it.
- Do not drink alcohol without discussing it with your doctor.
- Inject each dose of insulin in a different area to prevent skin irritation.
- Illness, especially with nausea and vomiting, may cause your insulin requirements to change. Even if you are not eating, you still require insulin. You and your doctor should establish a sick day plan to use in case of illness. When you are sick, test your blood/urine frequently and call your doctor as instructed.
- If you will be traveling across more than 2 time zones, consult your doctor concerning adjustments in your insulin schedule.
- Proper diet, regular exercise, and regular testing of blood sugar are important for best results when using this medicine. Follow your doctor's instructions carefully. If your blood sugar level is often higher than it should be and you are taking this medicine according to directions, check with your doctor.
- Carry an ID card at all times that says you have diabetes.
- An insulin reaction resulting from low blood sugar levels (hypoglycemia) may occur if you take too much insulin, skip a meal, or exercise too much. Low blood sugar may make you anxious, sweaty, weak, dizzy, drowsy, or faint. It may also make your heart beat faster; make your vision change; give you a headache, chills, or tremors; or make you more hungry. It is a good idea to carry a reliable source of glucose (eg, tablets or gel) to treat low blood sugar. If this is not available, you should eat or drink a quick source of sugar like table sugar, honey, candy, orange juice, or non-diet soda. This will raise your blood sugar level quickly. Tell your doctor right away if this happens. To prevent low blood sugar, eat meals at the same time each day and do not skip meals.

- Developing a fever or infection, eating significantly more than prescribed, or missing your dose of insulin may cause high blood sugar (hyperglycemia). High blood sugar may make you feel confused, drowsy, or thirsty. It can also make you flush, breathe faster, or have a fruit-like breath odor. If these symptoms occur, tell your doctor right away.
- Lab tests, such as fasting blood glucose levels or hemoglobin A1c, may be performed while you use this medicine. These tests may be used to monitor your condition or check for side effects. Be sure to keep all doctor and lab appointments.
- **PREGNANCY and BREAST-FEEDING:** If you become pregnant, contact your doctor. You will need to discuss the benefits and risks of using this medicine while you are pregnant. It is not known if this medicine is found in breast milk. If you are or will be breast-feeding while you use this medicine, check with your doctor. Discuss any possible risks to your baby.

Possible side effects of this medicine:

All medicines may cause side effects, but many people have no, or minor, side effects. Check with your doctor if any of these most **COMMON** side effects persist or become bothersome:

Depression in the skin; enlargement of thickening of the skin; redness, swelling, or itching at the injection site.

Seek medical attention right away if any of these **SEVERE** side effects occur:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); changes in vision; chills; dizziness; drowsiness; fainting; fast or irregular heartbeat; headache; increased hunger; loss of consciousness; nervousness; seizures; sweating; tremor; weakness.

This is not a complete list of all side effects that may occur. If you have questions or need medical advice about side effects, contact your doctor or health care provider. You may report side effects to the FDA at 1-800-FDA-1088 (1-800-332-1088) or at <http://www.fda.gov/medwatch>.

If **OVERDOSE** is suspected:

Contact 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org/findyour.htm>) or emergency room immediately. Symptoms may include chills; dizziness; drowsiness; fainting; headache; increased heartbeat; increased hunger; loss of consciousness; nervousness; seizures; shakiness; sweating; tremor; vision changes; weakness.

Proper storage of this medicine:

Store insulin in a cold place, preferably in a refrigerator. Do not allow it to freeze. If refrigeration is not possible, the bottle of insulin that you are currently using can be kept unrefrigerated as long as it is kept as cool as possible (below 86 degrees F; 30 degrees C) and away from heat and light. Protect insulin from direct sunlight. Read the information that came with your insulin for instructions on how to store your open container, including when to discard the insulin container you are currently using. The length of time a package of insulin may be used for depends on whether it is in a vial, cartridge, pen, or other device. Ask your pharmacist if you have questions about how to properly store or when to discard your insulin. Do not use a bottle of insulin after the expiration date stamped on the label. Keep this medicine, as well as syringes and needles, out of the reach of children and away from pets.

General information:

- If you have any questions about this medicine, please talk with your doctor, pharmacist, or other health care provider.
- This medicine is to be used only by the patient for whom it is prescribed. Do not share it with other people.
- If your symptoms do not improve or if they become worse, check with your doctor.

This information is a summary only. It does not contain all information about this medicine. If you have questions about the medicine you are taking or would like more information, check with your doctor, pharmacist, or other health care provider.