

# HUMALOG<sup>®</sup> vial

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using HUMALOG?

HUMALOG contains the active ingredient **insulin lispro (rbe)**. HUMALOG is used **to reduce high blood sugar (glucose) levels** in patients with diabetes. For more information, see Section [1. Why am I using HUMALOG?](#) in the full CMI.

### 2. What should I know before I use HUMALOG?

Do not use if you have ever had an allergic reaction to insulin lispro or any of the ingredients listed at the end of the CMI or when you have low blood sugar.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.** For more information, see Section [2. What should I know before I use HUMALOG?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with HUMALOG and affect how it works. A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use HUMALOG?

Your doctor will tell you what dose of HUMALOG insulin you need to use each day.

More instructions can be found in Section [4. How do I use HUMALOG?](#) in the full CMI.

### 5. What should I know while using HUMALOG?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist, pharmacist, and diabetes educator you visit that you are using HUMALOG.</li><li>• Monitor your blood sugar levels regularly.</li><li>• Always carry some glucose or sugary foods with you in case you get low blood sugar.</li><li>• Tell your doctor if you become pregnant or start breastfeeding while using HUMALOG.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop using or change your dose of HUMALOG without first checking with your doctor.</li><li>• Do not use HUMALOG when you have low blood sugar as it will make it worse.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Low blood sugar may impair your ability to concentrate or react while driving. Do not drive if you feel like your blood sugar levels are low.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Tell your doctor if you drink alcohol. Alcohol may mask the symptoms of low blood sugar.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep your vials in a fridge between 2°C - 8°C. Do not freeze.</li><li>• You may keep the vials below 30°C for up to 28 days while using them. Dispose after 28 days.</li></ul>

For more information, see Section [5. What should I know while using HUMALOG?](#) in the full CMI.

### 6. Are there any side effects?

The most common (and potentially the most severe) side effect of HUMALOG is low blood sugar.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# HUMALOG<sup>®</sup> vial

Active ingredient: *insulin lispro (rbe)*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using HUMALOG. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using HUMALOG.**

Where to find information in this leaflet:

1. [Why am I using HUMALOG?](#)
2. [What should I know before I use HUMALOG?](#)
3. [What if I am taking other medicine?](#)
4. [How do I use HUMALOG?](#)
5. [What should I know while using HUMALOG?](#)
6. [Are there any side effects?](#)
7. [Product details](#)

### 1. Why am I using HUMALOG?

HUMALOG contains the active ingredient **insulin lispro (rbe)**.

HUMALOG is used to **reduce high blood sugar (glucose) levels** in patients with diabetes.

Diabetes is a condition in which your pancreas does not produce enough insulin to control your blood sugar level. Extra insulin is therefore needed.

There are two types of diabetes:

**Type 1 diabetes** - patients with type 1 diabetes always need insulin to control their blood sugar levels.

**Type 2 diabetes** - some patients with type 2 diabetes may also need insulin after initial treatment with diet, exercise, and tablets.

### 2. What should I know before I use HUMALOG?

#### Warnings

#### Do not use HUMALOG:

- if you are allergic to insulin lispro, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- when you have hypoglycaemia (low blood sugar).

#### Check with your doctor if you:

- have had an allergic reaction to any medicine which you have used previously to treat diabetes.
- are using, or have used, another type or brand of insulin. This may affect the dose of HUMALOG that you are prescribed.
- have or have had kidney or liver disease. This may affect the dose of HUMALOG that you are prescribed.
- have or have had heart disease and are also taking thiazolidinediones a type of medicine used to treat

type 2 diabetes (such as pioglitazone, rosiglitazone). You may be more at risk to develop fluid retention (oedema) especially in the hands, ankles, or feet, or heart failure while using HUMALOG.

- are taking any other medications.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

#### Pregnancy and breastfeeding

**Check with your doctor if you are pregnant or intend to become pregnant.** Pregnancy may make managing diabetes more difficult. Insulin needs usually decrease during the first three months of pregnancy and increase during the last six months.

**Talk to your doctor if you are breastfeeding or intend to breastfeed.** It is not known if HUMALOG is excreted in significant amounts in breast milk.

### 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins, or supplements that you buy without a prescription from your pharmacy, supermarket, or health food shop.

**You may need a lower dose of HUMALOG if you are also taking any of the following medicines:**

- other medicines that treat diabetes
- aspirin or other salicylates
- a group of antibiotics, known as sulfonamides, used to treat infections
- certain medicines used to treat depression, such as monoamine oxidase inhibitors
- certain medicines used to treat high blood pressure or other heart conditions, such as captopril, enalapril, angiotensin II receptor blockers, and beta blockers
- certain medicines used to treat people with growth disorders and tumours, such as octreotide.

**You may need a higher dose of HUMALOG if you are also taking any of the following medicines:**

- medicines used for oral contraception ('the pill')
- medicines that affect your metabolism (corticosteroids such as prednisone and cortisone)
- medicines used in thyroid replacement therapy
- certain antibiotics used to treat tuberculosis, such as isoniazid
- certain medicines used to treat asthma, such as salbutamol or terbutaline
- certain medicines used to treat schizophrenia, bipolar disorder, or nausea and vomiting, such as phenothiazines
- certain medicines used to treat hormone-related disorders, such as danazol.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins, or supplements you are taking and if these affect HUMALOG.

## 4. How do I use HUMALOG?

### How much to use

Your doctor will tell you what dose of HUMALOG you need to use each day.

### When to use HUMALOG

- Your doctor will tell you when to use HUMALOG.
- You should normally use HUMALOG immediately (or up to 15 minutes) **before a meal**.
- When necessary, HUMALOG can be used **within 20 minutes after the start of a meal**.

### How to use HUMALOG

HUMALOG should be used by subcutaneous injection via a syringe or insulin pump. In some cases, it may be given intravenously. Your doctor will advise on which option may be best for you.

### HUMALOG in a syringe

#### Check your vial

1. Check the vial before using. HUMALOG solution should be clear and colourless.

#### Prepare dose

1. Wash your hands.
2. If using a new HUMALOG vial, flip off the protective plastic cap but do not remove the rubber stopper.
3. Remove the needle cap/shield and draw air into the syringe that is equal to or slightly greater than the dose to be injected.
4. Put the needle through the rubber stopper and inject air into the HUMALOG vial. Do not remove the needle.
5. Hold the HUMALOG vial and syringe firmly in one hand and turn upside down.
6. Check the tip of the needle is in the insulin solution and withdraw the correct dose into the syringe.
7. Check the syringe for air bubbles before removing the needle from the vial, as these will reduce the amount of insulin in the syringe. If bubbles are present, keep holding the syringe vertically and tap its side until the bubbles float to the top. Push them out with the syringe plunger and withdraw the correct dose.
8. Remove the needle from the vial.

#### Injecting dose

HUMALOG should be injected under the skin (subcutaneously). Your doctor or diabetes educator will show you how to properly inject HUMALOG.

1. Choose your injection site (abdomen or thighs). **Use of injection sites should be rotated** so that the same spot is not used more than once a month.
2. Stabilise the skin by spreading it or gently pinching up a large area of skin. Insert the needle as instructed by your doctor.
3. Push down on the plunger as far as it will go to inject your dose.

4. **Slowly count to 5** before pulling the needle out.
5. Release the skin and apply gentle pressure over the injection site for several seconds. Do not rub the area.

#### After injecting

1. Dispose of your used needles, and syringes safely into a sharps container.

### HUMALOG in a subcutaneous infusion pump

Use the type of pump system recommended by your doctor, read and follow the instructions that accompany your pump.

#### **HUMALOG should never be mixed with any other insulin when used in a pump.**

1. Before inserting the needle, wash your hands and the skin where the needle is to be inserted. This will help prevent infection at the infusion site.
2. Be sure to use the correct reservoir and catheter for your pump.
3. When you are filling a new syringe, do not leave large air bubbles in either the syringe or the catheter.
4. Change the syringe and catheter at least every 48 hours (2 days).
5. Follow your doctor, nurse, diabetes educator, or pharmacist's advice about the basal infusion rate and the mealtime insulin boluses to be taken.
6. Measure blood sugar levels regularly. This will help check that your insulin pump is working correctly for you, and to detect possible malfunction of the insulin pump.
7. In case of infusion pump system failure, you should always carry a spare vial of HUMALOG and a syringe, or an alternative insulin delivery system for injection under the skin.

### If you forget to use HUMALOG

#### **Test your blood sugar level as soon as possible.**

If you use less HUMALOG than you need, a high blood sugar level (hyperglycaemia) may occur.

Use it as soon as you remember, and then go back to using it as you would normally. **Do not use a double dose of HUMALOG.**

If you are unsure, talk with your doctor, diabetes educator, or pharmacist.

#### **If you use too much HUMALOG**

Hypoglycaemia (low blood sugar) may occur if you have used more HUMALOG than you need. Check your blood sugar.

If your blood sugar is low (mild hypoglycaemia) eat glucose tablets, sugar or drink a sugary drink. Then eat fruit, biscuits, or a sandwich. This will often resolve mild hypoglycaemia or a minor insulin overdose.

If you get worse and your breathing is shallow and your skin gets pale, you may need urgent medical attention.

#### **You should immediately:**

- phone the Poisons Information Centre (**by calling Australia: 13 11 26 / New Zealand: 0800 764 766**), or
- contact your doctor,

- go to the Emergency department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while using HUMALOG?

### Things you should do

- Remind any doctor, dentist, pharmacist, and diabetes educator you visit that you are using HUMALOG.
- Monitor your blood sugar levels regularly to ensure that your dose of HUMALOG is appropriate. More frequent monitoring is recommended when changing insulin dose or type, or when you start taking a new medicine.
- Always carry a supply of HUMALOG vials and syringes.
- Always carry something to show you have diabetes.
- Always carry glucose or sugary foods in case you develop hypoglycaemia (low blood sugar).

### Tell your doctor

- if you become pregnant or start breastfeeding while using HUMALOG.
- if you notice changes to your eyesight. This may be a sign that your diabetes is not being controlled appropriately.
- Tell your doctor pharmacist, or diabetes educator if you plan to travel. You may need to carry a letter explaining why you are taking injecting devices with you. Your doctor, pharmacist, or diabetes educator can provide you with some helpful information.

### Things you should not do

- Do not use HUMALOG when you have hypoglycaemia (low blood sugar) as it will make it worse.
- Do not stop using HUMALOG without first checking with your doctor.
- Do not change your insulin (dose or type) without first checking with your doctor.
- Do not mix HUMALOG with any other animal or human insulin preparations.
- Do not give your HUMALOG to anyone else, even if they have the same condition as you. Your doctor has prescribed HUMALOG specifically for you.
- **Do not share needles, vials, or syringes.**
- **Do not re-use needles or syringes.**
- Do not use HUMALOG if the packaging is torn or shows signs of tampering.
- Do not use HUMALOG if the solution is cloudy, thickened, coloured, or has solid pieces in it, as it may no longer be good to use.
- Do not use HUMALOG if the vial appears frosted, as it may no longer be good to use.
- Do not use HUMALOG if you think it has been frozen or exposed to excessive heat. It will not work as well.

### Hypoglycaemia (low blood sugar)

Your blood sugar level may become too low if you:

- use too much HUMALOG
- exercise too much or excessively
- delay eating meals or snacks
- eat too little food
- are ill.

Symptoms of **mild to moderate** hypoglycaemia can come on suddenly, and they may include:

- weakness, trembling or shaking
- sweating
- light headedness/headache
- lack of concentration
- behaviour change
- dizziness
- tearfulness/crying
- irritability
- numbness around the lips/fingers
- hunger

**Tell your doctor if you have trouble recognising these symptoms, if you often have hypoglycaemia or if you have ever become unconscious after using insulin.** More frequent monitoring of your blood sugar level may be recommended, or your dose of HUMALOG may need to be changed.

Recognising these mild to moderate symptoms early may allow you to take the necessary steps to avoid more serious hypoglycaemia.

### **Always carry some sugary food or drink with you.**

If you experience symptoms of mild to moderate hypoglycaemia, immediately eat some sugary food or drink, such as jelly beans, fruit juice or glucose tablets.

**If you do not feel better after eating/drinking some sugary food or drink, contact your doctor or go to the Emergency department at your nearest hospital.**

**Tell your relatives, friends, close workmates, or carers that you have diabetes.**

It is important that they also recognise the signs and symptoms of hypoglycaemia.

Make sure they know to give you some sugary food or drink for mild to moderate symptoms of hypoglycaemia.

**Severe** symptoms of hypoglycaemia may include:

- disorientation
- seizures, fits, or convulsions
- loss of consciousness.

**If you lose consciousness, make sure your relatives, friends, close workmates, or carers know:**

- to turn you on your side and **get medical help immediately.**
- not to give you anything to eat or drink to avoid choking.

Severe hypoglycaemia can lead to unconsciousness and in extreme cases death if not treated.

An injection of the hormone glucagon may speed up recovery from unconsciousness. This can be given by a relative, friend, workmate, or carer who knows how to give it.

If glucagon is used, have some sugary food or drink as soon as you are conscious again.

## Hyperglycaemia (high blood sugar)

Your blood sugar levels may become too high if:

- you miss doses of HUMALOG or use less than you need
- you have uncontrolled diabetes
- you exercise less than usual
- you eat more carbohydrates than usual
- you are ill or stressed
- your insulin pump is not working correctly.

**Contact your doctor if your blood sugar level is too high and you experience any of the following symptoms.** High blood sugar levels over a long period of time can lead to too much acid in the blood (diabetic ketoacidosis).

Symptoms of mild to moderate hyperglycaemia may include:

- drowsiness
- flushed face
- thirst, loss of appetite
- fruity odour on the breath
- blurred vision
- passing larger amounts of urine than usual
- getting up at night more often than usual to pass urine
- nausea and vomiting.

**Contact your doctor or the Emergency Department immediately if your blood sugar level is too high and you experience any of the following severe symptoms:** Severe hyperglycaemia can lead to unconsciousness and in extreme cases death (if left untreated).

Symptoms of severe hyperglycaemia:

- heavy breathing
- fast pulse
- nausea and vomiting where you cannot keep any fluids down (leading to dehydration)
- loss of consciousness.

## Illness

**Tell your doctor if you are ill.**

Illness, especially with nausea and vomiting, may cause your insulin needs to change. Even if you are not eating, you still require insulin. You and your doctor should design an insulin plan for those times when you are sick.

## Emotional disturbances

**Tell your doctor if you are feeling particularly excited, upset, or stressed.**

Emotional disturbances may impact your dose of HUMALOG.

## Exercise

Exercise may lower your need for insulin. Exercise may also make insulin work more quickly, especially if the exercise involves the area around the injection site (e.g.,

the leg should not be used as an injection site prior to jogging or running).

**Tell your doctor if you are exercising more than usual, as your dose of HUMALOG may need to change.**

## Diet

Changes to your diet may cause your insulin needs to change.

**Tell your doctor before making any significant changes to your diet (e.g., removing carbohydrates).**

## Injection site

If you inject HUMALOG in the same place, the fatty tissue may shrink (lipoatrophy) or thicken (lipohypertrophy).

Lumps under the skin may also be caused by build-up of a protein called amyloid (cutaneous amyloidosis).

To help prevent these skin changes, **do not use the same place for injection more often than once a month.**

HUMALOG may not work very well if you inject into a lumpy, shrunken, or thickened area. **Avoid injecting into these areas.**

**Tell your doctor if you are currently injecting into these affected areas before you start injecting in a different area.** Your doctor may tell you to measure your blood sugar more frequently, and to adjust your dose of HUMALOG or other antidiabetic medications.

## Driving or using machines

**Be careful before you drive or use any machines or tools until you know how HUMALOG affects you.**

**Do not drive if you feel like your blood sugar level is low.**

Hypoglycaemia (low blood sugar) may impair your ability to concentrate or react while driving.

## Drinking alcohol

**Tell your doctor if you drink alcohol.**

Alcohol may mask the symptoms of hypoglycaemia (low blood sugar) and make it more difficult to recognise them.

Alcohol may also affect the dose of HUMALOG that you are prescribed.

## Looking after your medicine

- Keep your vials in a fridge between 2°C - 8°C. Do not freeze.
- While in use, you may keep the vials unrefrigerated (below 30°C) for up to 28 days. If they are only used occasionally, keep them refrigerated.
- Dispose of unrefrigerated vials after 28 days even if they still contain insulin.
- Do not store the vials in the bathroom or near a sink.
- Do not put the vials near heat or in the sun.
- **Keep it where young children cannot reach it.**

## When to discard your medicine

Discard vials after the expiry date (month, year) stamped on the label has passed.

## Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Empty vials, needles, and syringes should be disposed of in a sharps container or similar puncture proof container composed of hard plastic or glass.

Ask your doctor, nurse, pharmacist or diabetes educator where you can dispose of the container once it is full.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
<p><b>Blood sugar related:</b></p> <ul style="list-style-type: none"> <li>• <b>Mild to moderate hypoglycaemia</b> (low blood sugar), symptoms may include: <ul style="list-style-type: none"> <li>o weakness, trembling or shaking</li> <li>o sweating</li> <li>o light headedness/headache</li> <li>o lack of concentration</li> <li>o behaviour change</li> <li>o dizziness</li> <li>o tearfulness/crying</li> <li>o irritability</li> <li>o numbness around the lips/fingers</li> <li>o hunger.</li> </ul> </li> </ul>	<p><b>Immediately eat some sugary food or drink, such as jelly beans, fruit juice or glucose tablets.</b></p> <p><b>If you do not feel better after eating/drinking some sugary food or drink, contact your doctor or go to the Emergency Department at your nearest hospital.</b></p>
<p><b>Allergy related:</b></p> <ul style="list-style-type: none"> <li>• <b>Local allergy</b>, symptoms may include redness, swelling and itching around the injection site. These symptoms generally resolve within days to a few weeks of continued use.</li> </ul> <p><b>Skin related:</b></p> <ul style="list-style-type: none"> <li>• <b>Lipodystrophy</b>, symptoms may include a depression in the skin or an enlargement or thickening of the tissue around the injection site. <ul style="list-style-type: none"> <li>o A change in injection technique may help resolve the problem.</li> </ul> </li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

Less serious side effects	What to do
<p><b>General:</b></p> <ul style="list-style-type: none"> <li>• <b>Oedema (fluid retention)</b>, particularly in the ankles, feet and hands.</li> </ul>	

### Serious side effects

Serious side effects	What to do
<p><b>Blood sugar related:</b></p> <ul style="list-style-type: none"> <li>• <b>Severe hypoglycaemia</b> (low blood sugar), symptoms may include: <ul style="list-style-type: none"> <li>o disorientation</li> <li>o seizures, fits, or convulsions</li> <li>o loss of consciousness.</li> </ul> </li> </ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p> <p><b>If you lose consciousness, caregivers should turn you on your side and get medical help immediately. They should not give you anything to eat or drink to avoid choking.</b></p>
<p><b>Allergy related:</b></p> <ul style="list-style-type: none"> <li>• <b>Generalised allergy</b>, symptoms may include: <ul style="list-style-type: none"> <li>o rash over a large part of the body</li> <li>o shortness of breath</li> <li>o wheezing</li> <li>o low blood pressure</li> <li>o swelling of the face, lips, or tongue</li> <li>o fast pulse</li> <li>o sweating.</li> </ul> </li> </ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

## 7. Product details

HUMALOG is only available with a doctor's prescription.

### What HUMALOG contains

<b>Active ingredient (main ingredient)</b>	insulin lispro (100 units per mL)
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• dibasic sodium phosphate heptahydrate</li><li>• glycerol</li><li>• hydrochloric acid</li><li>• metacresol</li><li>• sodium hydroxide</li><li>• water for injection</li><li>• zinc oxide</li></ul>

Do not take this medicine if you are allergic to any of these ingredients.

### What HUMALOG looks like

#### HUMALOG (AUST R 53488)

HUMALOG is available in 10 mL multi-dose rubber-stoppered vials.

HUMALOG is a clear colourless solution.

### Who distributes HUMALOG insulins?

#### Supplied in Australia by:

Eli Lilly Australia Pty Ltd  
Level 9, 60 Margaret Street  
SYDNEY NSW 2000

#### Supplied in New Zealand by:

Eli Lilly and Company (NZ) Limited  
PO Box 109 197  
Newmarket  
Auckland 1149

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