

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE
PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986**

The medicine is dispensed with a doctor's prescription only

LANTUS 100 UNITS/ML
in 10 ml vials

Solution for subcutaneous injection

The active ingredient and its quantity: Each 1 ml contains: 100 Units (3.64 mg) of insulin glargine.

Inactive ingredients - see section 2 and section 6.

Read this leaflet carefully in its entirety before using the medicine.

Keep this leaflet; you may need to read it again.

This leaflet contains concise information about the medicine.

If you have further questions, refer to the doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them even if it seems to you that their ailment is similar.

If a side effect worsens or if a side effect not mentioned in this leaflet occurs, please refer to a doctor or pharmacist.

For adults:

Note that the Ministry of Health has approved a one-time switch between an original medicine and biosimilar medicine and vice versa.

Your doctor will give you an explanation about the medicine and the meaning of this switch.

Each switch of a biological medicine must be performed by the attending doctor. The brand name of the medicine that appears on the prescription must be identical to the brand name that appears on the package of the medicine dispensed to you by the pharmacy. In any case of doubt, refer to the pharmacist or attending doctor.

For children:

Note that each time you receive the medicine at the pharmacy, it is important that you make sure that you receive the same medicine that was prescribed for you by your attending specialist. If the medicine you received looks different from that which you usually receive, or if the instructions for use have changed, please refer to the pharmacist immediately to make sure that you have received the correct medicine. Any switch or change in dosage of a medicine containing insulin glargine must be made by the attending specialist only.

Please check that the brand name of the preparation prescribed for you by the specialist is identical to the name of the medicine you received from the pharmacist.

1. WHAT IS THE MEDICINE INTENDED FOR

Lantus is a preparation for treatment of adults, adolescents and children 6 years and over with type 1 diabetes or for treatment of adults with type 2 diabetes who need a basal (long-acting) insulin to control hyperglycemia.

Diabetes mellitus is a disease in which the body does not produce enough insulin to control the levels of blood sugar.

Insulin glargine is an insulin that has undergone modification and is very similar to human insulin. Insulin glargine has a long and steady blood-sugar-lowering action.

Therapeutic group: Medicines to treat diabetes, injectable long-acting insulins and analogues.

2. BEFORE USING THE MEDICINE

Do not use the medicine:

if you are sensitive to insulin glargine or to any of the additional ingredients contained in the medicine (see section 6).

Special warnings regarding use of the medicine:

Talk with the doctor or pharmacist before commencing treatment with Lantus. Strictly follow the instructions regarding dosage, monitoring (blood and urine tests), diet and physical activity that you were given by the doctor.

Tests and follow-up

During the course of treatment with this medicine, perform blood and urine tests.

If your blood sugar level is too low (hypoglycemia), act as per the information at the end of the leaflet regarding hypoglycemia.

Skin changes at the injection site

The injection site should be rotated to prevent skin changes, such as lumps under the skin. The insulin may not work very well if you inject into a lumpy area (see section 3, 'How should you use the medicine?').

Contact your doctor if you are currently injecting into a lumpy area before you start injecting in a different area. Your doctor may tell you to check your blood sugar more frequently, and to adjust your insulin dosage or the dosage of your other antidiabetic medicines.

Traveling

Before traveling, consult with your doctor. You may need to talk about:

- the availability of your insulin in the country you are visiting,
- supplies of insulin, syringes, etc.,
- correct storage of insulin while traveling,
- timing of meals and insulin administration while traveling,
- the possible effects of changing to different time zones,
- possible new health risks in the countries to be visited,
- what you should do in emergency situations when you do not feel well or become ill.

Illnesses and injuries

In the following situations, the management of your diabetes may require extra treatment:

- If you are ill or are suffering from a major injury - your blood sugar level may increase (hyperglycemia).
- If you do not eat enough - your blood sugar level may become too low (hypoglycemia).

In most cases, you will need a doctor. **Contact a doctor as soon as possible.**

If you have type 1 diabetes (insulin-dependent diabetes mellitus), do not stop your insulin and continue to consume enough carbohydrates. Always tell people who are caring for you or treating you that you require insulin.

Insulin treatment can cause the body to produce antibodies to insulin (substances that act against insulin). However, only in rare cases will there be a need to change the dosage of insulin.

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

Drug interactions:

Some medicines can cause a change in your blood sugar level (decrease, increase or both, depending on the situation). In each case, it may be necessary to adjust your insulin dosage to

avoid blood sugar levels that are either too low or too high. Be careful when you start or stop taking another medicine.

If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, inform the doctor or pharmacist.

Before taking a medicine ask the doctor if it can affect your blood sugar level and what action, if any, you need to take.

It is particularly important to inform the doctor or pharmacist if you are taking:

Medicines that may cause your blood sugar level to fall (hypoglycemia) include:

- other antidiabetic medicines,
- ACE inhibitors (to treat certain heart diseases or high blood pressure),
- disopyramide (to treat certain heart diseases),
- fluoxetine (to treat depression),
- fibrates (to lower high blood lipid levels),
- monoamine oxidase (MAO) inhibitors (to treat depression),
- pentoxifylline, propoxyphene, salicylates (such as aspirin, to relieve pain and lower fever),
- sulfonamide antibiotics.

Medicines that may cause your blood sugar level to rise (hyperglycemia) include:

- corticosteroids (such as "cortisone", to treat inflammation),
- danazol (a medicine acting on ovulation),
- diazoxide (to treat high blood pressure),
- diuretics (to treat high blood pressure or excessive fluid retention),
- glucagon (pancreas hormone, used to treat severe hypoglycemia),
- isoniazid (to treat tuberculosis),
- estrogens and progestogens (present in contraceptive pills),
- phenothiazines (to treat psychiatric disorders),
- somatropin (growth hormone),
- sympathomimetic medicines (such as epinephrine [adrenaline], or terbutaline, salbutamol, to treat asthma),
- thyroid hormones (used to treat thyroid gland disorders),
- new-generation antipsychotics (atypical) (such as olanzapine and clozapine),
- protease inhibitors (used to treat HIV).

Your blood sugar level may either rise or fall if you take:

- beta-blockers (to treat high blood pressure),
- clonidine (to treat high blood pressure),
- lithium salts (to treat psychiatric disorders).

Pentamidine (to treat some infections caused by parasites) may cause hypoglycemia which may sometimes be followed by hyperglycemia.

Beta-blockers, like other sympatholytic medicines (such as guanethidine, clonidine, reserpine - to treat high blood pressure) may reduce or entirely suppress the first warning signs which help you to recognize hypoglycemia.

If you are not sure whether you are taking one of these medicines, ask your doctor or pharmacist.

Pregnancy, breastfeeding and fertility

Do not use this medicine without consulting a doctor, if you are pregnant, think you may be pregnant, are planning a pregnancy or are breastfeeding.

The insulin dosage may be different during pregnancy and after delivery. Strict control of your diabetes and prevention of hypoglycemia are important for your baby's health.

If you are breastfeeding, consult your doctor, as you may require a change in your insulin dosage and diet.

Use of the medicine and alcohol consumption

Your blood sugar levels may either rise or fall if you consume alcohol.

Driving and operating machinery

The ability to concentrate and react may be impaired if you experience hypoglycemia (low blood sugar levels), hyperglycemia (high blood sugar levels) or problems with your sight.

Keep this in mind in situations where you might put yourself or others at risk (such as driving or operating machines).

Consult the doctor regarding driving if:

- you have experienced frequent episodes of hypoglycemia.
- the first warning signs which help you to recognize hypoglycemia are reduced or absent.

Important information about some of the ingredients of the medicine

This medicine contains less than 1 mmol (23 mg) sodium ions per ml; namely, it is essentially "sodium-free".

Lantus contains metacresol, which may cause allergic reactions.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use this preparation according to the doctor's instructions. Check with the doctor, nurse or pharmacist if you are uncertain about the dosage and treatment regimen of the preparation.

Although Lantus contains the same active ingredient as Toujeo (insulin glargine 300 units/ml), the medicines are not interchangeable. The switch from one certain type of insulin therapy to another type requires medical prescription, medical supervision and monitoring of blood glucose level. Consult with the doctor in order to receive additional information.

Dosage

Based on your lifestyle and the results of your blood sugar (glucose) test and your previous insulin usage, the doctor will:

- determine how much Lantus per day you will need and at what time,
- tell you when to check your blood sugar level, and whether you need to carry out urine tests,
- tell you when you may need to inject a higher or lower dose of Lantus.

Lantus is a long-acting insulin. Your doctor may instruct you to use it in combination with a short-acting insulin or with tablets used to treat high blood sugar levels.

Many factors may influence your blood sugar level. You should recognize these factors so that you will be able to react correctly to changes in your blood sugar level and to prevent it from becoming too high or too low. See the explanation at the end of the leaflet for further information.

Use in children and adolescents

This medicine is not intended for children below 6 years of age.

The efficacy and safety of the preparation in children above the age of 6 have only been evaluated following its injection in the evening.

Frequency of administration

You need one injection of Lantus every day, at the same time of the day.

Method of administration

Lantus is injected under the skin. **Do not inject** Lantus into a vein, since this will change its action and may cause hypoglycemia.

Your doctor will show you in which area of the skin you should inject. With each injection, change the puncture site within the particular area of skin that you are using in order to help prevent skin changes at the injection area (see section 2, 'Before using the medicine' and section 4, 'Side effects').

Instructions for use

Make sure that the preparation in the vial is clear, colorless, does not contain visible particles and has a waterlike texture. Do not use a vial that does not meet these requirements. Do not shake or mix before use. Make sure that neither alcohol, other disinfectants nor other substances contaminate the insulin. Do not mix Lantus with any other insulin or medicine. Do not dilute Lantus; mixing or diluting may change the action of Lantus.

Use a new vial if you see that there is unexplainable worsening in the control of your blood sugar levels - the insulin in the vial in use may have lost its potency. If you think there may be a problem with Lantus, consult the doctor or pharmacist.

• Use of a vial

Use of Lantus vials with disposable syringes:

In order to inject insulin, use a syringe that has a measuring scale in Units. Use of the wrong syringe may lead to dosaging mistakes and cause hypo- or hyperglycemia.

Be sure to use disposable syringes and needles and dispose of them properly after use. The syringes and needles should not be passed on to other people. Use a new syringe and needle at each injection.

Instructions for drawing insulin into the syringe:

Do not dilute or mix Lantus with any solution or other insulin in the same syringe.

1. Wash your hands thoroughly.
2. When starting to use a new vial, remove the protective cover, but do not remove the rubber stopper and the metal ring under the cap.
3. Clean the rubber stopper with an alcohol swab.
4. Draw air into the insulin syringe, equal to the desired amount of insulin. Insert the syringe needle through the rubber stopper at the top of the insulin vial, inject the air into the vial.
5. Leave the syringe in the vial and turn the vial and the syringe upside down. Confirm that the tip of the needle is within the insulin fluid and draw out the proper amount into the syringe.
6. Before removing the needle from the vial, check the syringe for air bubbles, which can reduce the amount of insulin drawn out. If there are bubbles, hold the syringe upright and gently tap it until the bubbles float upwards. Use the syringe plunger to push the bubbles back into the vial; afterwards, slowly draw out the proper amount of insulin into the syringe again.
7. Remove the syringe needle from the rubber stopper. If you have to put the syringe down before injecting, cover the needle with its cover to protect it.

Instructions for injecting Lantus with a syringe:

1. Choose the injection site (thigh, abdomen or arm) as determined in coordination with your doctor. Each time, inject at a different point within the injection area that has been chosen.
2. Clean the injection area with an alcohol swab. Be sure that the injection area is dry before injecting.
3. Pinch a wide piece of skin and hold it.
4. Insert the syringe needle into the skin and confirm that the entire needle is inside.
5. Slowly inject the contents of the syringe into the skin. Leave the needle in the skin for 10 seconds after completing the injection.
6. Pull the needle straight out, gently press the injection point with a cotton ball or gauze pad for a few seconds. Do not rub the injection site.

If you used more Lantus than necessary

If **you injected too much Lantus**, your blood sugar level may be too low (hypoglycemia). Measure your blood sugar level frequently. In general, in order to prevent hypoglycemia, eat more food and monitor your blood sugar levels. See instructions at the end of the leaflet.

If you forgot to use Lantus

If you **skipped a Lantus dose**, or if you **did not inject enough insulin**, your blood sugar level may be too high (hyperglycemia). Measure your blood sugar level frequently. See the instructions at the end of the leaflet. Do not inject a double dose to compensate for a missed dose.

If you stopped using Lantus

Discontinuation of use may cause severe hyperglycemia (very high blood sugar level) and ketoacidosis (accumulation of acid in the blood since the body breaks down fat instead of sugar). Do not stop using Lantus without consulting the doctor.

Insulin mix-ups

Check the name of the preparation that appears on the label of the insulin, before each injection, to prevent mix-up between Lantus and other insulins.

Adhere to the treatment as recommended by the doctor. Even if there is an improvement in your health, do not discontinue treatment with the medicine without consulting the doctor.

Do not take medicines in the dark! Check the label and the dose each time you take the medicine. Wear glasses if you need them.

If you have further questions regarding use of this medicine, consult a doctor or pharmacist.

4. SIDE EFFECTS

As with any medicine, use of Lantus may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not experience any of them.

If you notice signs of your blood sugar being too low (hypoglycemia), take action to increase your blood sugar level immediately (see the information at the end of the leaflet).

Hypoglycemia (low blood sugar level) can be very serious and is very common with insulin treatment (it can affect more than 1 in 10 users). If your blood sugar level falls too much, you may become unconscious. Serious hypoglycemia may cause brain damage and may be life-threatening.

Severe allergic reactions (rare, can affect up to 1 in 1000 users) - the signs can include large scale skin reactions (rash and itching all over the body), severe swelling of the skin or the mucous membranes (angioedema), shortness of breath, decreased blood pressure with rapid heart beat and sweating. Severe allergic reactions to insulin can be life threatening. Refer to the doctor immediately if you notice signs of severe allergic reaction.

Common reported side effects (can affect up to 1 in 10 users)

- **Skin changes at the injection site**

If you inject insulin too often in the same place, the skin may shrink (lipoatrophy) (can affect up to 1 in 100 users) or thicken (lipohypertrophy) (can affect up to 1 in 10 users). Lumps under the skin may also occur, which are caused by build-up of a protein called amyloid (cutaneous amyloidosis; the frequency of this phenomenon is not known). The insulin that you inject may not work well if you inject into a lumpy area. Change the injection site with each injection to help prevent these skin changes.

- **Skin and allergic reactions at the injection site**

The signs can include redness, unusually intense pain when injecting, itching, rash, swelling or inflammation. They can spread around the injection site. Most of the minor reactions to insulins usually resolve within a few days to a few weeks.

Rare reported side effects (can affect up to 1 in 1000 users)

- **Eye reactions**

A marked change (improvement or worsening) in control of blood sugar levels may temporarily disturb vision. If you have proliferative retinopathy (an eye disease associated with diabetes), severe hypoglycemic attacks may cause temporary loss of vision.

- **General reactions**

In rare cases, insulin treatment may also cause temporary build-up of fluids in the body, with swelling in the calves and ankles.

Very rare reported side effects (can affect up to 1 in 10,000 users)

In very rare cases, taste disorders and muscular pain may occur.

Use in children and adolescents

In general, the side effects in children and adolescents 18 years of age or less are similar to those seen in adults.

Complaints of injection site reactions (injection site pain, injection site reaction) and skin reactions (rash and urticaria) are reported relatively more frequently in children and adolescents 18 years of age or less than in adults.

Clinical study safety data are not available for children under 2 years of age.

If a side effect occurs, if any of the side effects worsen, or if you are suffering from a side effect not mentioned in this leaflet, consult the doctor.

Side effects can be reported to the Ministry of Health by clicking on the link “Report Side Effects of Drug Treatment” found on the Ministry of Health homepage (www.health.gov.il) that directs you to the online form for reporting side effects, or by entering the link: <https://sideeffects.health.gov.il>.

5. HOW SHOULD THE MEDICINE BE STORED?

Avoid poisoning!

This medicine and any other medicine must be kept in a safe place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.

Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.

Storage conditions:

Before use:

Store in the refrigerator (between 2 and 8 degrees Celsius). Do not freeze and do not place next to the freezer compartment.

Keep the vials in the package to protect from light.

After starting use/removing from the refrigerator:

Can be used up to 4 weeks of first opening or taking the vial out of the refrigerator when stored at a temperature not above 30°C and away from direct heat or direct light.

It is recommended to write the date of first use/removal from the refrigerator on the label of the preparation.

Do not use Lantus if you notice particles in it. Only use Lantus if the solution is clear, colorless and has a waterlike texture.

Do not store different medications in the same package.

6. FURTHER INFORMATION

LAN-PIL-CAR-VIAL-18-11.22

In addition to the active ingredient, the medicine also contains the following inactive ingredients: Glycerol (85%), m-cresol, hydrochloric acid, sodium hydroxide, zinc chloride, polysorbate 20, water for injection.

What the medicine looks like and the contents of the pack:

A package with one vial that contains 10 ml of a clear, colorless, waterlike solution.

This leaflet does not contain all the information about your medicine. If you have any questions or are not sure about anything, please ask your doctor.

License holder and importer and its address: Sanofi Israel Ltd., Greenwork Complex, P.O. box 47, Yakum

Registration number of the medicine in the National Drug Registry of the Ministry of Health: 124-36-30365

Revised in November 2021 according to MOH guidelines.

HYPERGLYCEMIA AND HYPOGLYCEMIA

Always have at least 20 grams of sugar with you, in addition to information identifying you as a diabetic.

Hyperglycemia (high blood sugar level)

If your blood sugar level is too high (hyperglycemia), you may not have injected enough insulin.

Why does hyperglycemia occur?

Examples include:

- you did not inject insulin or did not inject enough insulin, or if the insulin became less effective, for example, due to incorrect storage,
- you are performing less physical activity than usual, you are under stress (emotional distress, excitement), or you have been injured, underwent surgery, inflammation or fever,
- you are taking or have taken certain other medicines (see section 2, "Drug interactions").

Warning symptoms of hyperglycemia

Thirst, increased need to urinate, tiredness, dry skin, redness of the face, loss of appetite, low blood pressure, fast heartbeat, glucose and ketone bodies in the urine. Stomach pain, rapid and deep breathing, sleepiness or even loss of consciousness may be signs of a serious condition (ketoacidosis) resulting from lack of insulin.

What should you do if you experience hyperglycemia?

Check your blood sugar level and the ketones in your urine as soon as any of the above symptoms occur. Severe hyperglycemia or ketoacidosis must always be treated by a doctor, usually in a hospital.

Hypoglycemia (low blood sugar level)

If your blood sugar level drops too low, you may lose consciousness. Serious hypoglycemia may cause heart attack or brain damage and may be life-threatening. Usually, you should be able to detect when your blood sugar level has dropped too low, so you will be able to take the right actions.

Why does hypoglycemia occur?

Examples include:

- you inject too much insulin,
- you miss meals or delay them,
- you do not eat enough or eat food containing less carbohydrates than normal (sugar and substances similar to sugar are called carbohydrates; however, artificial sweeteners **are not** carbohydrates),
- you lose carbohydrates due to vomiting or diarrhea,
- you drink alcohol, especially if you are not eating much,
- you are performing more physical activity than usual or a different type of physical activity,
- you are recovering from an injury or surgery or other stress,
- you are recovering from an illness or from fever,
- you are taking or have stopped taking certain other medicines (see section 2, "Drug interactions").

Hypoglycemia is also more likely to occur if:

- you have just started treatment with insulin or you have changed the type of insulin (when changing from your previous basal insulin to Lantus, hypoglycemia, if it occurs, may be more likely to occur in the morning than at night),
- your blood sugar levels are almost regular or are unstable,

- you changed the area of skin where you inject insulin (for example, from the thigh to the upper arm),
- you suffer from severe kidney or liver disease, or some other disease, such as hypothyroidism.

Warning symptoms of hypoglycemia

- in your body

Examples of symptoms that indicate that your blood sugar level is falling too much or too fast: Sweating, damp skin, anxiety, rapid heartbeats, high blood pressure, palpitations and irregular heartbeat.

These symptoms often occur before the symptoms of a low sugar level in the brain.

- in your brain

Examples of symptoms indicating low sugar level in the brain: headaches, intense hunger, nausea, vomiting, tiredness, sleepiness, sleep disturbances, restlessness, aggressive behavior, difficulty concentrating, impaired reactions, depression, confusion, speech disturbances (sometimes loss of ability to speak), visual disorders, trembling, paralysis, tingling sensation, numbness and tingling in the mouth area, dizziness, loss of self control, inability to care for yourself, convulsions and loss of consciousness.

The first symptoms which alert you to hypoglycemia (“warning signs”) may change, be weaker or may be missing altogether if:

- you are elderly,
- you have had diabetes for a long time,
- you suffer from a certain type of nerve disease (diabetic autonomic neuropathy),
- you have recently suffered from hypoglycemia (e.g., the day before) or if it develops slowly,
- your blood sugar levels are almost regular or have at least significantly improved,
- you have recently changed from an animal insulin to a human insulin such as Lantus,
- you are taking or have stopped taking certain other medicines (see section 2, “Drug interactions”).

In such a case, you may develop severe hypoglycemia (and even faint) before you are aware of the problem. Be familiar with your warning signs. If necessary, more frequent sugar level tests can help identify mild hypoglycemic events, that may otherwise be overlooked.

If you are not sure about your warning signs, avoid situations (e.g., driving a car) in which you or others will be at risk due to hypoglycemia.

What should you do if you experience hypoglycemia?

1. Do not inject insulin. Immediately take approximately 10 to 20 grams of sugar, such as glucose, sugar cubes or a sugar-sweetened drink. Caution: artificial sweeteners and foods with artificial sweeteners (such as diet drinks) will not help treat hypoglycemia.
2. Eat something that has a long-acting effect in raising your blood sugar level (e.g., bread or pasta). The doctor or nurse have probably already discussed this topic with you in the past. Recovery from hypoglycemia may be delayed because Lantus has a long action.
3. If the hypoglycemia recurs, take another 10 to 20 grams of sugar.
4. Speak with your doctor immediately if you are unable to control the hypoglycemia or if it recurs.

Tell your relatives, friends and colleagues that:

if you are unable to swallow or if you lose consciousness, you will need an injection of glucose or glucagon (a medicine which increases the blood sugar level). These injections are justified even if it is not certain that you have hypoglycemia.

It is recommended to check your blood sugar level immediately after taking glucose, to check that you really have hypoglycemia.