

YOUR GUIDE TO A GREAT START WITH **LYUMJEV**

This booklet is intended only for those who have been prescribed Lyumjev. It is intended to be used in addition to the Patient Information Leaflet (PIL) which is included in your medicine and should also be read.



All Lilly Pens are recommended for use with Becton, Dickson and Company Pen Needles

Lilly

How can Lyumjev help?

**Keep it simple...
inject and eat**

How can Lyumjev help?

With diabetes, it's normal for your mealtime insulin needs to change over time.

Insulin can help you live a longer, healthier, happier life.

Lyumjev is a mealtime insulin that can help control the blood sugar level increases that happen naturally after you eat.



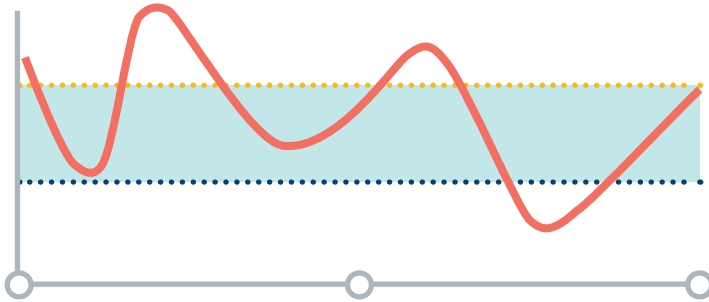
For best results, take Lyumjev at the start of your meals.

Keep it simple... inject and eat

And remember to keep track of your progress.

Mealtime blood sugar

Lyumjev is designed to mimic the body's natural production of insulin and works to reduce blood sugar levels after each meal. This is important to keep your blood sugar levels in a healthy range.



One way to know if you have good blood sugar control is to measure

Time in Range

Time in Range is the amount of time per day when your blood sugar levels are within a target range.

This can give you and your healthcare professional better information about your diabetes management than HbA1c alone.

Ask your healthcare professional what the best blood sugar target range is for you.

Mealtime blood sugar

**Highs and lows are
something everyone
experiences**

Keeping track of your progress

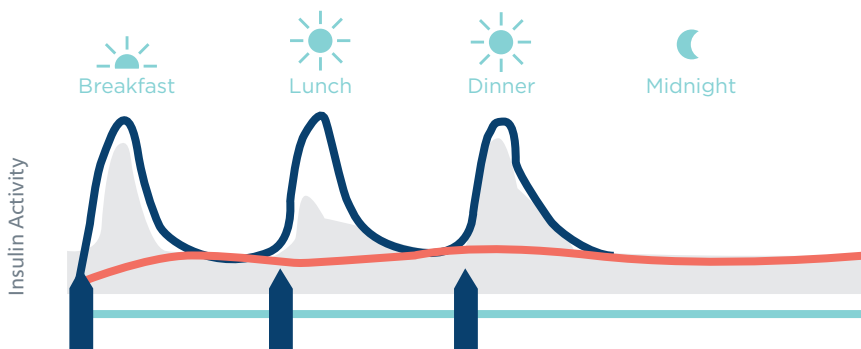
Keeping track of your progress will help you feel good about what goes well and help you understand when it doesn't



- Make sure to check your blood sugar levels 1-2 hours after you inject to see the results.
- It is important to test your blood sugar levels as agreed with your Healthcare Professional. Don't rely solely on how you feel!
- See if you can keep track of the relationship between what you eat, your insulin and your blood sugar levels.

How it works

Lyumjev starts to enter your blood in 1 minute, to mimic the body's natural production of insulin



- Lyumjev[®] gives you mealtime cover
- Basal insulin gives background cover between meals
- Expected insulin changes in people without diabetes
- ▲ Time of injection of Lyumjev[®]

This diagram shows a theoretical representation of insulin activity in people without diabetes and in people with diabetes in whom Lyumjev[®] has been added to a basal insulin. It is based on information from different clinical studies and is not intended to show direct comparisons.

What can you expect along the way?

As with any insulin, low blood sugar (hypoglycaemia or 'hypos') is the most common side effect.

The common signs of low blood sugar can vary from person to person, but may include the following:

MMM



Hungry

ZZZ



Tired



Shaky



Sweaty



Irritable



Headache

What can you expect along the way?

How can you treat low blood sugar? Try the “rule of 15”.

The 15-15 rule is easy to follow. Have 15-20 grams of carbohydrate to raise your blood sugar and check it after 15 minutes. If it's still low, have another serving.



A small carton
(200 ml or ½ a cup)
of pure fruit juice



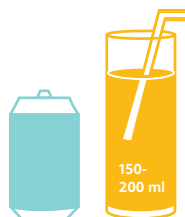
3 glucose tablets



5 jelly babies



2 tubes of a glucose gel
such as GlucoGel®



A small glass (150 – 200ml) of a
sugary (non-diet) drink

If your blood sugar drops low enough that you need help to recover, it is considered to be a low blood sugar emergency. It's important to discuss a plan for a low blood sugar emergency with your healthcare professional, so you and those close to you can feel prepared.

For more information you can also visit www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo

3 simple steps to inject and eat



1. Air shot test

Remember to do your 2 unit air shot test to ensure your needle is primed and air bubbles are removed.



2. Check your food

Dial your correct dose for your food, as agreed with your healthcare professional.



3. Inject and eat straight away

Insert the needle, push the dose knob all the way in and hold.

5 seconds is enough before removing.

When you're done

Remove the used needle and dispose of it in a sharps bin.

Put the lid back on the pen and store it at room temperature.



A few tips for getting started

Remember to keep track of your progress! It will help you feel good about what goes well and understand when it doesn't.



Some people get redness, pain, swelling or itching around the area of the insulin injection. This usually clears up in a few minutes to a few weeks without needing to stop Lyumjev. If you have injection site reactions, tell your doctor.

Useful tips:

Rotate injection sites frequently to avoid irritation and aid absorption.

Use a new needle before each injection to reduce irritation and infection.

Use and discard your pen within 28 days, to ensure your insulin works. Do not use your insulin after its expiry date.

If you have problems with your device try the air shot test again up to four times in total. You can also contact Lilly, who make your pen and insulin, on 01256 315000 or consult the “Instructions for Use” that comes in the pack with your insulin.

A few tips for getting started

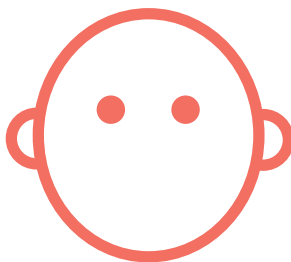
You've got this!

A few tips for getting started

Draw on the smileys to show how you are feeling about the topics below



New insulin



Keeping track and reflecting



Inject and eat

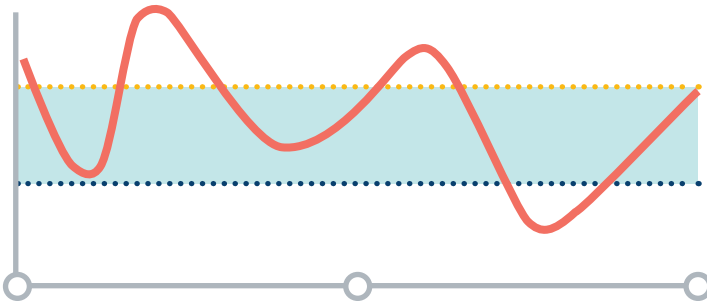


Accessing help and advice

My goals

What is my target HbA1c?

What is my target blood sugar range?



My starting doses / ratio

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Your diabetes team are here to support you

Who to call if you have any questions

Telephone number of contact

REPORTING SIDE EFFECTS

Side effects and product complaints should be reported. If you experience side effects talk to your doctor or other healthcare professional. This includes any possible side effects not listed in the package leaflet. To report a side effect or product complaint with a Lilly product please call Lilly on **+44 (0) 1256 315000**. Additionally reporting forms and further information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of medicines.

This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects.

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