

**LYUMJEV**<sup>®</sup> ▼  
(insulin lispro)

## 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.

*Lilly*

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## How can Lyumjev help?



**Keep it simple...  
At mealtimes,  
inject and eat**

## How can Lyumjev help?

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

Lyumjev is a mealtime insulin that can help control the blood sugar level rises 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.

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## How can Lyumjev help?

Lyumjev is a mealtime insulin which can be taken at the start of the meal.

**How it works:** Lyumjev is a mealtime insulin that works more quickly than other medicines containing insulin lispro. It is designed to be taken at the start of a meal, allowing you to inject and eat.

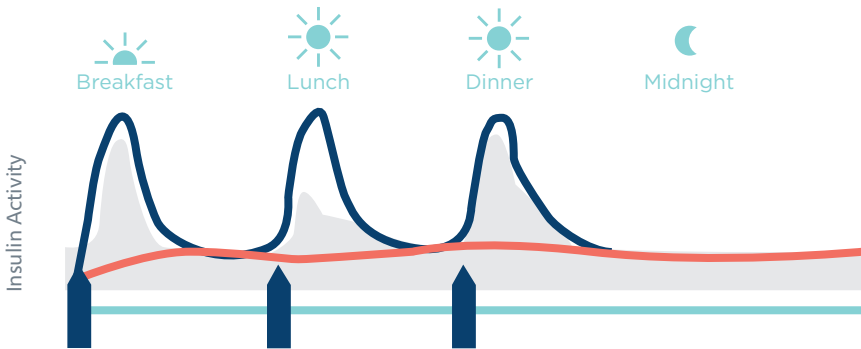
If you are new to insulin therapy, we want you to have the best possible start.

If you are moving from another mealtime insulin, you probably won't need to adjust your dose but please check with your doctor or nurse.

We want you to have a really positive experience with your insulin therapy.

# How it works

**Lyumjev starts to enter your blood quickly, to mimic the body's natural production of insulin**

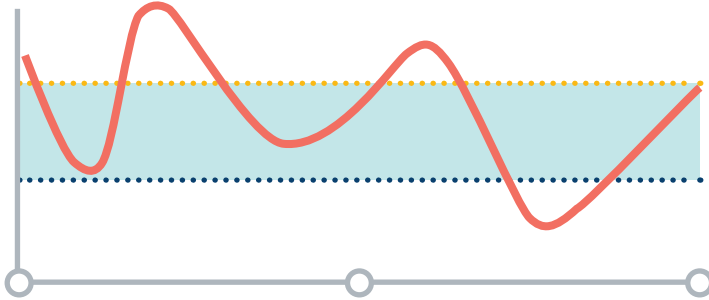


- Lyumjev<sup>®</sup> gives you mealtime cover
- Basal insulin gives background cover between meals
- Expected insulin changes in people without diabetes
- ▴ Time of injection of Lyumjev<sup>®</sup>

This diagram represents insulin activity in people without diabetes and in people with diabetes in whom Lyumjev<sup>®</sup> has been added to a basal insulin. It is based on information from different clinical studies and is not intended to show direct comparisons.

# 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 test**

## **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.

**Discuss with your doctor/nurse what is the best blood sugar target range for you.**

## **Mealtime blood sugar**

**Highs and lows are  
something everyone  
experiences**

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## 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.

For more support resources, please visit:  
<https://www.lillydiabetes.co.uk/patient/lyumjev>  
or contact your healthcare professional



## 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

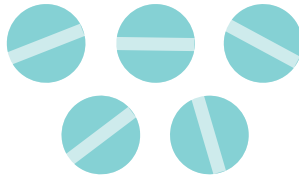
## What can you expect along the way?

### How can you treat low blood sugar (<3.9mmol/mol)? 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



5 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 you need someone to help you recover from a hypoglycaemia emergency, or have needed to call on emergency services, it is important to talk to your healthcare professional. You may need a review and some changes to your insulin dose.**

For more information you can also visit [www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo](http://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 or nurse.

### **Useful tips:**

**Rotate injection sites frequently** to avoid irritation, aid absorption and prevent lumpy areas developing.

**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

**Top Tips** for optimising post-meal blood sugar (blood glucose) control:

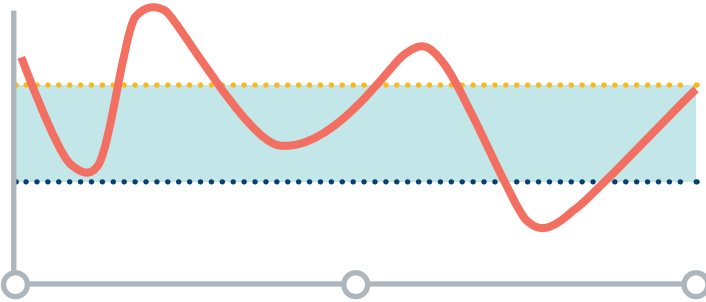
- Monitor blood sugar 1-2 hours post-meal: this provides a good insight into your blood sugar levels
- Eat carbohydrates last: studies show that this can reduce the post-meal blood sugar peak
- Exercise after eating: a 10-minute walk post-meal can reduce a blood sugar peak



## 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 .....

Visit <https://www.lillydiabetes.co.uk/patient/lyumjev> for more support resources

# How are you feeling about the topics mentioned below?

New insulin



Keeping track and reflecting



Inject and eat



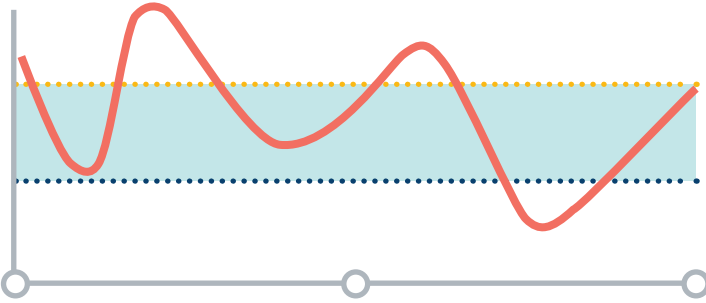
Accessing help and advice



## Keeping track of your progress

Things to consider and discuss with your doctor or nurse:

- My blood glucose was **below** target (< 3.9 mmol/L)
  - Was my carbohydrate portion too small?
  - Was my insulin dose too high?
  - Where did I inject?
  - Was my insulin injection timing slightly off?



- My blood glucose was **above** target (> 10.0 mmol/L)
  - Was my carbohydrate portion too large?
  - Was my insulin dose too low?
  - Where did I inject?
  - Was my insulin timing slightly off?



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## Notes

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#### **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](http://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](http://www.mhra.gov.uk/yellowcard) for how to report side effects.

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