

Talking to your doctor about Tresiba®



Get the most out of your next appointment. Print this guide, then use it during a conversation with your health care provider. You can take notes and write additional questions in the space provided.



Questions to ask your health care provider

Tresiba® and my diabetes care plan

Could taking Tresiba® once daily help me achieve my blood sugar goals?

Could Tresiba® be added to or replace my current medication?

How would once-daily Tresiba® fit into my schedule?

What happens if I miss a scheduled dose or have to delay a dose?

Starting on Tresiba®

What can I expect during my first week on Tresiba®?

What are some potential side effects of Tresiba®?

What is the Tresiba® FlexTouch® pen and how does it work?

Does Tresiba® have a program to help with my co-pay?

Additional questions I have:

What is Tresiba®?

- Prescription Tresiba® is a long-acting insulin used to control high blood sugar in adults and children who are 1 year of age and older with diabetes
- Tresiba® is not for people with diabetic ketoacidosis
- It is not known if Tresiba® is safe and effective in children under 1 year of age
- Tresiba® is available in 2 concentrations: 200 units/mL and 100 units/mL

Important Safety Information

Do not share your Tresiba® FlexTouch® with other people, even if the needle has been changed. Do not share needles or syringes with another person. You may give other people a serious infection, or get a serious infection from them.

Who should not take Tresiba®?

Do not take Tresiba® if you:

- are having an episode of low blood sugar
- are allergic to Tresiba® or any of the ingredients in Tresiba®

Before taking Tresiba®, tell your health care provider about all your medical conditions, including if you are:

- pregnant, planning to become pregnant, or are breastfeeding
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements

Talk to your health care provider about low blood sugar and how to manage it.

Please see additional Important Safety Information on the following page.

Please [click here](#) for Prescribing Information.



TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL

Important Safety Information (cont'd)

How should I take Tresiba®?

- **Read the Instructions for Use** and take Tresiba® exactly as your health care provider tells you to
- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to
- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting lipodystrophy (pits in skin or thickened skin) and localized cutaneous amyloidosis (skin with lumps) at the injection sites.
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.
- Adults - If you miss or are delayed in taking your dose of Tresiba®:
 - Take your dose as soon as you remember, then continue with your regular dosing schedule
 - Make sure there are at least **8** hours between doses
- If children miss a dose of Tresiba®:
 - Call the healthcare provider for information and instructions about checking blood sugar levels more often until the next scheduled dose of Tresiba®
- For children who need less than 5 units of Tresiba® each day, use a Tresiba® U-100 vial
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them
- **Do not reuse or share your needles or syringes with other people.** You may give them a serious infection, or get a serious infection from them
- **Never** inject Tresiba® into a vein or muscle
- **Never** use a syringe to remove Tresiba® from the FlexTouch® pen

What should I avoid while taking Tresiba®?

- **Do not** drive or operate heavy machinery, until you know how Tresiba® affects you
- **Do not** drink alcohol or use prescription or over-the-counter medicines that contain alcohol

What are the possible side effects of Tresiba®?

Tresiba® may cause serious side effects that can be life-threatening, including:

- **Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache
- **Low potassium in your blood (hypokalemia)**
- **Heart failure** in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain

Your insulin dose may need to change because of change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

Common side effects may include reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

Get emergency medical help if you have trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

Please [click here](#) for Prescribing Information.

Tresiba® is a prescription medication.

Talk to your health care provider about the importance of diet and exercise in your treatment plan.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call **1-800-FDA-1088**.



If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call **1-888-4PPA-NOW**.



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TRESIBA®
insulin degludec injection 100 U/mL, 200 U/mL