

Living Well with Diabetes

Humulin R U-500: What you need to know

Better blood sugar control

U-500 is a much stronger insulin than U-100. It can help people with type 2 diabetes who need large doses of insulin to keep their blood sugar levels under control. If you've been having trouble controlling your blood sugar using U-100 insulin, your doctor might prescribe U-500 insulin to help you get better control.

U-500 is a more concentrated insulin

U-500 is 5 times more concentrated than U-100 insulin. That means that 1 unit of U-500 insulin is the same as 5 units of U-100. Because U-500 is so much stronger, people must be very careful to give themselves exactly the right dose.

U-500 can put you at higher risk for hypoglycemia (low blood sugar)

Because Humulin U-500 is stronger than U-100 insulin, it can make a person's blood sugar go too low. U-500 starts to work about 30 minutes after you inject it and can last for up to 24 hours. Plan to eat a meal within 30 minutes of taking your shot to help keep your blood sugar from dropping suddenly.

Sometimes low blood sugar can happen from a dose a person took 1 or 2 days before. That's why it's important to monitor your blood sugar carefully when you start using U-500. Be sure you know the signs of low blood sugar and what you need to do to treat it.

If you are using a pre-filled U-500 Insulin Pen

Follow these steps every time you take your shot:

Clean your hands

- Wash your hands with soap and warm water, or use a hand sanitizer.

Use a new needle for every shot

- Screw the needle onto the Pen by turning it clockwise until it's tight. Take the outside needle shield cap off and save it to use to take the needle off the Pen later.
- Remove the inside shield from the needle and throw it away.



Continued on next page

Prime your Pen

Your Pen must be primed to make sure it gives a stream of insulin (not just a few drops) before you can take your shot. If you don't prime, you might not get the right amount of insulin in your dose.

- **Step 1:** Turn the dose knob clockwise until the number 5 is in the dose window.
- **Step 2:** Hold the Pen with the needle pointing up and tap the cartridge to gently move air bubbles to the top.
- **Step 3:** With the needle still pointing straight up, push the dose knob until in while counting to 5. When the dose knob stops the number 0 will appear in the dose window.

While pushing the dose knob in you should see a stream of insulin come out of the tip of the needle.

If a stream of insulin doesn't come out of the tip of the needle, repeat steps 1 through 3.

Note: If you don't get a stream after 5 tries, change the needle and repeat the steps above. Do this 2 times with the new needle. If you still don't get a stream, don't use your Pen.

Dial your dose

- Turn the dose knob clockwise until you see your dose number in the dose window.
- If the number you dial is higher than your dose, turn the knob back until you see the right dose number in the window.

Take your shot

- **Step 1:** Use the injection technique you learned from your doctor or nurse.
- **Step 2:** Hold the button while the needle is under your skin and count to 5.
- **Step 3:** You've gotten your full dose when you see a 0 in the dose window.

Important notes

- Use a new needle for each injection. Don't put the needle on your Pen until you are ready to use it.
- Don't store your Pen with the needle attached.
- Use the outer needle shield to take the needle off the Pen right after you're done taking your shot. Leaving a needle on your Pen can cause insulin to leak out and air to get into your Pen cartridge.
- Store your un-opened Pens in the refrigerator. Never freeze them.
- Don't store your Pen in the refrigerator after you start to use it. Keep the Pen you're using at room temperature and away from direct heat and light.
- Make a note of the date you first start using your pen. Discard the pen, even if there is still insulin in it, **28 days** after you first use it.

Continued on next page

If you are using an insulin vial and syringe

- Check to make sure you have the right insulin. U-500 comes in 20-ml (milliliter) bottles. These are twice as big as U-100 insulin bottles.
- This is what the label on your bottle of U-500 should look like:



- Make sure your insulin looks clear and colorless.
- Don't use Humulin R U-500 if it doesn't look clear and colorless, or it has any specks or particles in it.
- Write the date you first open the insulin on the bottle. Discard the insulin vial, even if there is still insulin remaining, **40 days** after you first open it.
- Don't use insulin after the expiration date that's printed on the label.

To take your shot, you will use a special U-500 syringe



Measuring your dose

U-500 syringes are marked in insulin units. Please ask your doctor how much insulin to take. Your doctor, nurse, or pharmacist can show you how to measure your dose using the syringe recommended for you.

If you have any questions or concerns, contact the Lilly Answers Center at 1-800-545-5979 or talk to your doctor or pharmacist.

Artwork reproduced with permission from Eli Lilly and Company