PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

S3

TOUJEO®

300 units/mL (10,91 mg/mL) solution for injection in a pre-filled disposible pen.

The active substance is insulin glargine

Preservative: metacresol 0,27 % *m/v.*

Sugar free.

Read all of this leaflet carefully before you start using TOUJEO:

- Keep this leaflet. You may need to read it again.
- If you have any further questions, please ask your doctor, pharmacist, nurse or healthcare provider.
- TOUJEO has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

What is in this leaflet

1. What TOUJEO is and what it is used for
2. What you need to know before you or your child use or receive TOUJEO
3. How to use TOUJEO
4. Possible side effects
5. How to store TOUJEO
6. Contents of the pack and other information.

1. What TOUJEO is and what it is used for:

TOUJEO is an antidiabetic medicine, used to reduce high blood sugar in patients with diabetes mellitus.

2. What you need to know before you or your child use or receive TOUJEO:

Do not use TOUJEO:

- if you or your child is hypersensitive (allergic) to insulin glargine or any of the other ingredients of TOUJEO (see what TOUJEO contains).
- in children under 6 years of age. This is because there is no experience with TOUJEO in this age group.

Warnings and precautions:

Take special care with TOUJEO:

- if you or your child's blood sugar is too low (hypoglycaemia) (see Too low blood sugar levels (hypoglycaemia)
- if you or your child is ill or has a major injury (see Illnesses and injuries)
- if you are elderly
- if you or your child has severe liver problems
- if you or your child is injecting TOUJEO yourself (see section 3).

Too high blood sugar levels (hyperglycaemia):

Too high blood sugar levels tell you or your child that you may need more insulin than you injected.

You or your child's blood sugar level may be too high if, for example:

- you or your child has not injected your insulin or not injected enough, or if it has become less effective, e.g. through incorrect storage
- you or your child is doing less physical exercise, is under stress (emotional distress, excitement), or has an injury, operation, feverish illness or certain other diseases

- you or your child] is taking or has taken certain other medicines (see Other medicines and TOUJEO).

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

TOUJEO is not recommended for the treatment of diabetic ketoacidosis.

Test you or your child's blood sugar level and your urine for ketones as soon as any such symptoms occur. Severe hyperglycaemia or ketoacidosis must always be treated by a doctor, normally in a hospital.

Too low blood sugar levels (hypoglycaemia):
If you or your child's blood sugar level falls too much you may become unconscious. Serious hypoglycaemia may cause a heart attack or brain damage and may be life-threatening. You or your child normally should be able to recognise when your blood sugar is falling too much so that you can take the right actions.

You or your child's blood sugar levels may fall too much if, for example:

- you or your child injects too much TOUJEO
- you or your child misses meals or delays them
- you or your child does 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 or your child loses carbohydrates due to vomiting or diarrhoea

- you or your child does more physical exercise than usual or a different type of physical activity
- you or your child is recovering from an injury, operation or other stress
- you or your child is recovering from a feverish illness or from another illness
- you or your child is taking or has stopped taking certain other medicines (see Other medicines and TOUJEO).

Too low blood sugar levels are also more likely to occur if:

- you or your child has just begun your TOUJEO treatment or changed to or from another insulin preparation
- you or your child's blood sugar levels are almost normal or are unstable
- you or your child changes the area of skin where you inject TOUJEO (e.g. from the thigh to the upper arm)
- you or your child suffers from severe kidney or liver disease, or some other disease such as hypothyroidism.

Symptoms that tells you or your child that your blood sugar level is falling too much or too fast may be, for example: sweating, clammy skin, anxiety, fast heartbeat, high blood pressure, palpitations and irregular heartbeat, chest pain (angina pectoris). These symptoms often develop before the symptoms of a low sugar level in the brain.

The following symptoms indicate a low sugar level in the brain: headaches, intense hunger, nausea, vomiting, tiredness, sleepiness, sleep disturbances, restlessness, aggressive behaviour, lapses in concentration, impaired reactions, depression, confusion, speech disturbances (sometimes total loss of speech), visual disorders, trembling, paralysis, tingling sensations (paraesthesia), numbness and tingling sensations in the area of the mouth, dizziness, loss of self-control, inability to look after yourself, convulsions, loss of consciousness.

The first symptoms which alert you to hypoglycaemia ("warning symptoms") may change, be weaker or may be missing altogether if:

- you are elderly
- you or your child has had diabetes for a long time
- you or your child, due to diabetes, suffers from a certain type of nervous disease (autonomic neuropathy)
- you or your child has recently suffered hypoglycaemia (e.g. the day before) or if it develops slowly
- you or your child is taking or have taken certain other medicines (see Other medicines and TOUJEO).

In such a case, you may develop severe hypoglycaemia (and even faint) before you are aware of the problem. Try always to keep familiar with your warning symptoms. If necessary, more frequent blood sugar testing can help to identify mild hypoglycaemic episodes that might otherwise be overlooked. While you are not confident about recognising your warning symptoms, avoid situations (e.g. driving a car) in which you or others would be put at risk by hypoglycaemia.

What to do in case of hypoglycaemia:

1. Do not inject insulin, including TOUJEO. Immediately take about 10 to 20 g sugar e.g. as glucose, sugar cubes or a sugar-sweetened beverage (measure once as spoonfuls or lumps of sugar or glucose tablets to see how much this means). **Caution:** please remember that artificial sweeteners and foods with artificial sweeteners (e.g. diet drinks) are of no help in hypoglycaemia.
2. Eat something that has a long-acting effect in raising you or your child's blood sugar (e.g. bread). Your doctor or nurse will have discussed this with you.
3. If the hypoglycaemia comes back again, take another 10 to 20 g sugar.
4. Speak to you or your child's doctor immediately if you are not able to control the hypoglycaemia or if it recurs.

Always carry some sugar (at least 20 grams) with you. Carry some information (Medic-Alert) with you to show you are diabetic. If you or your child is not able to swallow or if you are unconscious, you will require an injection of glucose or glucagon (a medicine which increases blood sugar). These injections are justified even if it is not certain that you have hypoglycaemia. It is advisable to test your blood sugar immediately after taking glucose to check that you really have hypoglycaemia.

Eye reactions:

A marked change (improvement or worsening) in you or your child's blood sugar control can cause a temporary worsening of your vision. If you have proliferative retinopathy (an eye disease related to diabetes) severe hypoglycaemic attacks may cause transient loss of vision.

Skin changes at the injection site:

If you or your child inject your insulin too often at the same skin site, fatty tissue under the skin at this site may shrink or thicken (called lipodystrophy or lipohypertrophy). Thickening of fatty tissue may occur in 1 to 2 % of patients while shrinking may occur uncommonly.

Talk to your doctor if you or your child develop skin changes at the injection site. The injection site should be rotated to help prevent skin changes such as lumps under the skin. TOUJEO that you inject into a lumpy area may not work very well (see section 3). Contact your doctor if you or your child 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 closely, and to adjust your insulin or your other antidiabetic medications dose.

Sensitivity reactions at the injection site:

3 to 4 % of patients may experience reactions at the injection site (e.g. reddening, unusually intense pain on injection, itching, hives, swelling or inflammation). They can also spread around the injection site. Most minor reactions to TOUJEO usually resolve in a few days to a few weeks.

Travel:

Before travelling consult you or your child's 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 your insulin while travelling
- timing of meals and administration while travelling
- the possible effects of changing to different time zones
- possible new health risks in the countries to be visited.

Illnesses and injuries:

If you or your child:

- is ill or has a major injury, then your blood sugar may increase (hyperglycaemia)
- does not eat enough your blood sugar may become too low (hypoglycaemia).

In such situations, the management of diabetes may require a lot of care. In most cases you or your child will need a doctor.

Make sure that you contact you or your child's doctor early. If you have type 1 diabetes (insulin-dependent diabetes mellitus), do not stop your insulin and continue to get enough carbohydrates. Always tell people who are caring for you or treating you that you require insulin.

Combination of TOUJEO with pioglitazone:

Some patients with long-standing type 2 diabetes mellitus and heart disease or previous stroke who were treated with pioglitazone and insulin (such as TOUJEO) experienced the development

of heart failure. Inform your doctor as soon as possible if you experience signs of heart failure such as unusual shortness of breath or rapid increase in weight or localised swelling (oedema).

Other medicines and TOUJEO:

Always tell you or your child's healthcare professional if you are taking any other medicine (This includes all complementary or traditional medicines).

Some medicines cause the blood sugar level to fall, some cause the blood sugar level to rise, and others may have both effects, depending on the situation. In each case, it may be necessary to adjust your TOUJEO dosage to avoid too low or too high blood sugar levels. Be careful not only when you start taking another medicine, but also when you stop taking it.

Medicines that may cause you or your child's blood sugar level to fall include:

- all other medicines for the treatment of diabetes
- ACE inhibitors (used for the treatment of high blood pressure or heart failure)
- disopyramide (used to treat heart problems)
- fluoxetine (used to treat depression)
- fibrates (used to treat high cholesterol)
- MAO inhibitors including linezolid (used to treat depression)
- pentoxifylline (used to treat muscle pain which is due to obstruction in large arteries)
- salicylates (used to treat pain and fever)
- sulfonamide antibiotics (used to treat infection).

Medicines that may cause you or your child's blood sugar level to rise include:

- corticosteroids (cortisone) used to treat pain and swelling from inflammation
- danazol (used to treat endometriosis, breast disorders, gynaecological problems or hereditary angioedema)
- diazoxide (used to treat intractable hypoglycaemia)

- diuretics (used to treat heart failure, liver cirrhosis, high blood pressure and certain kidney diseases)
- glucagon (used to treat severe hypoglycaemia and as a diagnostic aid in gastrointestinal examinations)
- isoniazid (used to treat tuberculosis)
- oestrogens and progestogens (e.g. the contraceptive pill)
- phenothiazine derivatives (used to treat mental or emotional disorders)
- somatropin (used to treat growth hormone deficiencies)
- sympathomimetic medicines (e.g. epinephrine (adrenaline), salbutamol, terbutaline)
- anti-histamines
- thyroid hormones (used to treat thyroid hormone deficiencies)
- protease inhibitors (used to treat HIV/AIDS and hepatitis)
- atypical antipsychotic medicines (e.g. olanzapine and clozapine) used to treat mental and emotional disorders.

You or your child's blood sugar level may either rise or fall if you take/consume:

- beta-blockers (used to treat heart problems or high blood pressure)
- clonidine (used to treat migraine and hot flushes)
- lithium salts (used to treat mental disorders)
- alcohol.

Pentamidine (used to treat infection) may cause hypoglycaemia which may sometimes be followed by hyperglycaemia.

Beta-blockers, like other sympatholytic medicines (e.g. clonidine and reserpine), used to treat heart problems, may weaken the warning symptoms of a hypoglycaemic reaction or suppress the symptoms entirely.

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

TOUJEO with food, drink and alcohol:

You or your child's blood sugar levels may fall too much if you drink alcohol, particularly if you are not eating much.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before administering TOUJEO.

If you have pre-existing or pregnancy (gestational) diabetes, it is very important for you to maintain good blood sugar levels throughout your pregnancy to prevent adverse outcomes associated with hyperglycaemia (high blood sugar levels).
Careful monitoring of your blood sugar levels is very important.

You may require adjustment in your insulin dose and diet if you are breastfeeding. Please consult your doctor, pharmacist or other healthcare professional for advice.

Driving and using machines:

You or your child's ability to concentrate or react may be reduced if you have too low (hypoglycaemia) or too high (hyperglycaemia) blood sugar or problems with your sight. Please keep this possible problem in mind in all situations where you might put yourself and others at risk (e.g. driving a car or operating machinery). You should contact your doctor about the advisability of driving if you have:

- frequent episodes of hypoglycaemia

- reduced or absent warning signs of hypoglycaemia.

3. How to use TOUJEO:

Do not share medicines prescribed for you or your child with any other person.

Always use TOUJEO exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is one injection once daily, at any time during the day, preferably at the same time every day. If needed you can administer the injection up to 3 hours before or after your usual time of administration.

Based on you or your child's lifestyle and the results of your blood sugar (glucose) tests, your doctor will:

- determine how much TOUJEO you will need per day
- 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 TOUJEO
- show you in which skin area to inject TOUJEO.

TOUJEO is a long-acting insulin. You or your child's doctor may tell you to use it in combination with a short-acting insulin or with tablets against high blood sugar.

If you or your child has the impression that the effect of TOUJEO is too strong or too weak, tell your doctor or pharmacist.

Many factors may influence you or your child's blood sugar level. You should know these factors to be able to react correctly to changes in your blood sugar level and to prevent it from becoming too high (hyperglycaemia) or too low (hypoglycaemia) (see Take special care with TOUJEO).

TOUJEO is injected under the skin (subcutaneously).

- Inject TOUJEO into the front of your thighs, upper arms or the front of your waist (abdomen)
- Change the place within the area you inject each day. This will reduce the risk of skin shrinking or thickening or lumps at the site (see section 4)
- 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.

Do NOT inject TOUJEO in a vein, since this will change its action and may cause hypoglycaemia.

How to handle the disposable pen:

Look at the cartridge sealed in the disposable pen injector before you use it. Only use if it is the correct insulin and if the solution is clear, colourless, waterlike and has no visible particles in it. TOUJEO is a solution and does not require shaking or mixing before use. Air bubbles must be removed from the cartridge before injecting (see Instructions for using pen). The instructions for using the pen must be followed carefully.

Always check the insulin label before each injection to check that the correct insulin is used.

Never use a syringe to remove TOUJEO from the SoloStar pre-filled pen into a syringe.

Do not re-use needles. A new sterile needle must be attached before each injection. Re-use of needles increases the risk of blocked needles which may cause underdosing or overdosing.

If you are blind or have poor vision, get help or assistance from another person who has good vision and is trained in using the insulin device.

Please discuss in advance with your doctor what you should do if you or your child injects too much TOUJEO, if you miss a dose or if you inject too low a dose.

If you or your child administer more TOUJEO than you should:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you or your child have injected too much TOUJEO, you may develop hypoglycaemia. Check your blood sugar frequently. In general, to prevent hypoglycaemia you must eat more food and monitor you blood sugar. For information on the treatment of hypoglycaemia, see Take special care with TOUJEO.

If you or your child forgets to administer a dose of TOUJEO:

Do not administer a double dose to make up for forgotten individual doses.

If you or your child has missed a dose of TOUJEO or if you have injected too low a dose of TOUJEO, your blood sugar level may become too high. Check your blood sugar frequently. For further information on hyperglycaemia, see Take special care with TOUJEO.

If you stop using TOUJEO:

Stopping treatment with TOUJEO could result in hyperglycaemia. Do not stop treatment without consulting your doctor or pharmacist first.

4. Possible side effects:

TOUJEO can have side effects.

Not all side effects reported for TOUJEO are included in this leaflet. Should you or your child's general health worsens or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop taking TOUJEO and tell you or your child's doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to TOUJEO. You may need urgent medical attention or hospitalisation.

Frequent side effects:

- hypoglycaemia (see Take special care with TOUJEO
- lipohypertrophy (a mildly painful lump under the skin caused by accumulation of extra fat when you perform injections repeatedly at the same spot) (see Take special care with TOUJEO
- injection site and local allergic reactions with symptoms such as redness, pain, itching, hives, swelling and inflammation at the injection site (see Take special care with TOUJEO.

Less frequent side effects:

- lipodystrophy (a small dent in the skin that forms when you perform injections repeatedly at the same spot) (see Take special care with TOUJEO)
- temporary build-up of water in the body, with swelling in the calves and ankles.

Side effects of which the frequency is unknown:

- production of insulin antibodies (substances that act against insulin). This may require a change to your insulin dosage
- temporary worsening of your vision (see Take special care with TOUJEO)
- skin changes at the injection site. If you or your child injects/receives insulin too often at the same place, the fatty tissue may either shrink (lipoatrophy) or thicken (lipohypertrophy). Lumps under the skin may also be caused by build-up of a protein called amyloid (localized

cutaneous amyloidosis). The insulin may not work very well if you inject into a lumpy area. Change the injection site with each injection to help prevent these skin changes.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

- You can report any side effects directly to Sanofi's Pharmacovigilance Unit at za.drugsafety@sanofi.com (email) or 011 256 3700 (tel).
- You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**" found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8.

5. How to store TOUJEO:

Store all medicines out of reach of children.

Unopened/not in-use pre-filled pen:

Store at 2 °C to 8 °C (e.g. in a refrigerator).

Keep the pen in the original carton in order to protect from light.

Do not allow it to freeze. Do not place TOUJEO next to the freezer compartment of your refrigerator or next to a freezer pack. Dispose of the pen if frozen.

Opened/in-use pre-filled pen:

Opened pre-filled pen must be discarded after 42 days (6 weeks) from the first use.

The open pre-filled pen should be kept away from direct heat and light, at room temperature (at or below 30 °C).

Do not refrigerate.

Do not carry this in your pocket as the temperature may exceed 30 °C.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

Always use a new disposable pen if you notice that your blood sugar control is unexpectedly getting worse. This is because the TOUJEO may have lost some of its effectiveness. If you think you may have a problem with TOUJEO, have it checked by your doctor or pharmacist.

6. Contents of the pack and other information:

What TOUJEO contains:

The active substance is 10,91 mg insulin glargine corresponding to 300 U (units) of insulin glargine per 1 mL of solution.

The other ingredients are glycerol, 0,27 % *m/v* metacresol (as preservative), water for injection zinc chloride and hydrochloric acid and sodium hydroxide (as pH adjusters).

What TOUJEO looks like and contents of the pack:

Colourless to almost colourless solution, clear and practically free from particles.

Inspect TOUJEO before use. TOUJEO must only be used if the solution is clear, colourless, with no solid particles visible, and if it is of water-like consistency.

Cardboard box containing 3 or 5 disposable pens with each disposable pen containing a 1,5 mL multidose colourless glass cartridge closed on one end with a rubber plunger stopper and on the opposite end with a silver aluminium flanged cap with a punched laminated sealing disk, containing 1,5 mL solution.

Holder of Certificate of Registration:

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This leaflet was last revised

23 November 2017 (Registration)

03 June 2022 (Revised)

Registration number

49/21.1/1230