

**PART III: CONSUMER INFORMATION**

**HUMULIN® 30/70 VIALS**

30% insulin injection, human biosynthetic and 70% insulin isophane, human biosynthetic (rDNA origin)

Suspension for Injection, 100 units/mL

**This leaflet is part III of a three-part "Product Monograph" published when HUMULIN® 30/70 was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about HUMULIN® 30/70. Contact your doctor or pharmacist if you have any questions about the drug.**

**ABOUT THIS MEDICATION**

HUMULIN has been produced by recombinant DNA processes. It differs from animal-source insulins because it is structurally identical to the insulin produced by your body's pancreas and because of its unique manufacturing process.

HUMULIN 30/70 is a fixed mixture of 30% HUMULIN R-Regular (insulin injection, human biosynthetic) and 70% HUMULIN N- NPH (insulin isophane, human biosynthetic). It is an intermediate-acting insulin with a more rapid onset of action than NPH insulin alone. The duration of activity may last between 16 to 18 hours following injection.

HUMULIN 30/70 vials are for subcutaneous (under the skin) injection only.

**What the medication is used for:**

HUMULIN 30/70 is a combination of an intermediate-acting and a fast-acting insulin used to treat patients diagnosed with diabetes mellitus.

**What it does:**

Insulin is a hormone that decreases the amount of sugar in your blood and urine by increasing the uptake of sugar from your blood into various tissues, such as the liver, muscles, and fat.

To control your diabetes, your doctor has prescribed injections of insulin to keep your blood sugar at a nearly normal level and to keep your urine as free of sugar as possible.

**When it should not be used:**

HUMULIN 30/70 should not be used if you are allergic to this drug or any of the ingredients used to formulate this medication.

HUMULIN 30/70 should not be used during episodes of hypoglycemia (low blood sugar).

HUMULIN 30/70 should not be given intravenously or used for treatment of diabetic coma.

HUMULIN 30/70 should be used only if your doctor has prescribed insulins mixed in a ratio of 30% REGULAR and 70% NPH. You should not attempt to change the ratio of these products by adding additional NPH or REGULAR insulin to this vial.

If HUMULIN N and HUMULIN R mixtures are prescribed in a different proportion, the individual insulins should be mixed as instructed in the amounts recommended by your doctor or purchased as mixtures in the ratio recommended if available.

**What the medicinal ingredient is:**

- HUMULIN 30/70 contains 30% HUMULIN R and 70% HUMULIN N.

**What the nonmedicinal ingredients are:**

Glycerol, m-cresol, water for injection, hydrochloric acid, sodium hydroxide, phenol, zinc oxide, protamine sulfate and dibasic sodium phosphate.

**What dosage forms it comes in:**

HUMULIN 30/70 is a sterile suspension containing 30% insulin injection (Regular) and 70% insulin isophane (NPH), for subcutaneous injection. It is available in:

- Vials, 10 mL

HUMULIN 30/70 is also available in:

- Cartridges, 3 mL

Other available HUMULIN products include HUMULIN R (Regular) and HUMULIN N (NPH). These types of insulin differ mainly in the time they require to take effect and in the length of time their action lasts. Your doctor has prescribed the type of insulin that he/she believes is best for you. **Do not use any other insulin except on your doctor's advice and direction.**

When you receive your insulin from the pharmacy, always check to see that:

1. The name HUMULIN appears on the carton and vial label and is followed by the proper letter designation and name for the insulin formulation: 30/70: 30% insulin injection, 70% insulin isophane, human biosynthetic (rDNA) origin.
2. The carton and the vial label is correct for your type of insulin.
3. The human insulin is of rDNA origin.
4. The insulin strength is U-100.
5. The expiration date on the package will allow you to use the insulin before that date.

**WARNINGS AND PRECAUTIONS**

**Serious Warnings and Precautions**

**Hypoglycemia (too little sugar in the blood) is the most common adverse effect of insulin products. Glucose monitoring should be performed for all patients with diabetes mellitus treated with insulins. Uncorrected hypoglycemic or hyperglycemic reactions can cause loss of consciousness, coma or even death.**

**A few patients who experienced hypoglycemic reactions after being transferred to HUMULIN (insulin, human biosynthetic) have reported that these early warning symptoms were less pronounced than they were with animal-source insulin.**

**Any change of insulin regimen should be made cautiously and only under medical supervision.**

**HUMULIN 30/70 should not be mixed with any other insulin unless clearly indicated and done under medical supervision.**

**Under no circumstances should HUMULIN 30/70 be given intravenously.**

**Do not use HUMULIN 30/70 if you see lumps that float or that stick to the sides of the vial, or if the contents of the vial are clear and remain clear after the cartridge is shaken or rotated.**

- Each case of diabetes is different. Your doctor has told you which insulin to use, how much, and when and how often to inject it. This schedule has been individualized for you. Proper control of your diabetes requires close and constant cooperation with your doctor.
- You have been instructed to test your blood and/or your urine regularly for sugar. If your blood tests consistently show above or below normal sugar levels or your urine tests consistently show the presence of sugar, your diabetes is not properly controlled and you must let your doctor know.
- If you become ill from any cause, especially with nausea and vomiting, your insulin requirements may change. Test your blood and/or urine and notify your doctor at once.
- Always keep an extra supply of insulin, as well as a spare needle and syringe. Always wear diabetic identification so that appropriate treatment can be given if complications occur away from home.
- Never change from the insulin that has been prescribed for you to another insulin without instructions from your doctor. Changing the type, strength, source, or manufacturer of insulin can cause problems with your blood sugar control.
- Some patients taking HUMULIN 30/70 will require a change in dosage from that used with animal-source

insulins. If an adjustment is needed, it may be made with the first dose or over a period of several weeks.

- Take precautions to avoid hypoglycemia while driving or operating machinery. This is particularly important in patients who have reduced awareness of the warning signs of hypoglycemia or who have frequent episodes of hypoglycemia.
- Ability to concentrate and react may be impaired as a result of hyperglycemia or as a result of hyperglycemia-induced visual impairment. Take caution in situations that require these abilities such as driving or operating machinery.
- Your doctor will tell you what to do if you miss a dose of insulin or miss a meal because of illness. If you miss a meal, as a substitute use sugar, sugar-sweetened candy, fruit juice, or sugar-sweetened beverage according to your doctor's instructions. If a shortage of insulin appears inevitable, a temporary reduction in the size of dose may be made, accompanied by limitation of food to two-thirds its usual quantity and a liberal increase in fluids of little or no food value, such as water, tea, coffee, broths, or clear soups.
- Consult your doctor if you notice anything unusual or have doubts about your condition or your use of insulin.
- Consult your doctor concerning adjustments in your insulin schedule if you travel across more than 2 time zones.

**INTERACTIONS WITH THIS MEDICATION**

There may be interactions between HUMULIN 30/70 and other medicines. Tell your doctor if you are taking any other medicine which has been prescribed for you or which you bought without a prescription.

Insulin requirements may be increased if you are taking other drugs with hyperglycemic activity, such as oral contraceptives (for example, birth control pills, injections and patches), thiazides (for high blood pressure or excessive fluid retention), corticosteroids, sympathomimetics (for example salbutamol used to treat asthma or pseudoephedrine for colds), danazol (medicine acting on ovulation), or thyroid replacement therapy. Insulin requirements may also be affected by diphenylhydantoin (used to treat epilepsy).

Insulin requirements may be decreased in the presence of agents such as oral medicines for the treatment of diabetes, salicylates (Aspirin\*), sulfa antibiotics, certain antidepressants (monoamine oxidase inhibitors), beta-blockers, alcohol, ACE-inhibitors and angiotensin II receptor blockers, and anabolic steroids.

Insulin requirements can be increased, decreased, or unchanged in patients receiving diuretics.

The use of thiazolidinediones (such as rosiglitazone and pioglitazone), alone or in combination with other antidiabetic agents (including insulin), has been associated with heart failure and swelling of the lower extremities. Please contact your physician immediately if you develop symptoms of shortness of breath, fatigue, exercise intolerance, or swelling of the lower extremities while you are on these agents.

The presence of such diseases as acromegaly, Cushing's syndrome, hyperthyroidism, and pheochromocytoma complicate the control of diabetes.

## **PROPER USE OF THIS MEDICATION**

### **INJECTION PROCEDURES FOR VIALS**

#### *Correct Syringe*

Doses of insulin are measured in units. U-100 insulin contains 100 units/mL. It is important to use a syringe that is marked for U-100 insulin preparations. Failure to use the proper syringe can lead to a mistake in dosage, causing serious problems for you, such as a blood glucose level that is too low or too high.

#### *Syringe Use*

To help avoid contamination and possible infection, follow these instructions exactly.

Disposable syringes and needles should be used only once and then discarded. **NEEDLES AND SYRINGES MUST NOT BE SHARED** with anyone including family members. You may pass on a serious infection or get a serious infection from the other person. Follow the package directions supplied with your syringe.

#### *Preparing the Dose:*

1. Wash your hands.
2. Always examine the bottle (vial) of HUMULIN 30/70 after removing from the box. Carefully shake or rotate the insulin vial several times to completely mix (or re-suspend) the insulin. HUMULIN 30/70 should look uniformly cloudy or milky after mixing. If not, repeat the re-suspension procedure as often as necessary until the contents are mixed. **DO NOT USE** if the white insulin particles stick to the bottom or sides of the vial or if there are clumps floating in the insulin or if the vial is cracked or broken.
3. If using a new bottle (vial), flip off the plastic protective cap, but do not remove the stopper. Wipe the top of the vial with an alcohol swab.
4. Draw air into the syringe equal to your insulin dose. Put the needle through the rubber top of the insulin vial and inject the air into the vial.
5. Turn the vial and syringe upside down. Hold the bottle and syringe firmly in 1 hand.

6. Making sure the tip of the needle is in the insulin, withdraw the correct dose of insulin into the syringe.
7. Before removing the needle from the vial, check your syringe for air bubbles which reduce the amount of insulin in it. If bubbles are present, hold the syringe needle up and tap its side until the bubbles float to the top. Push them out with the plunger and withdraw the correct dose.
8. Remove the needle from the vial and lay the syringe down so that the needle **does not touch anything**.

#### *Injecting the Dose:*

1. Cleanse the skin, as instructed by your healthcare professional, where the injection is to be made. To avoid tissue damage (skin thinning, skin thickening, or skin lumps), always change the site for each injection by at least 1.5 cm (0.5 inches) from the previous site, rotating sites on the body so that the same site is not used more than approximately once a month. Do not inject into pits (depressions), thickened skin or lumps.
2. Inject under the skin, as you were taught. **Do not** inject directly into a vein.
3. Push the plunger in as far as it will go.
4. Pull the needle out and apply gentle pressure over the injection site for several seconds. **Do not rub the area.** To avoid tissue damage (skin thinning, skin thickening, or skin lumps), give the next injection at a site at least 1.5 cm (0.5 inches) from the previous site.

#### **Usual Dose**

The dosage will be determined by your doctor, according to the requirements of each individual patient. HUMULIN 30/70 is for subcutaneous (under the skin) injection only. Do not inject into a vein.

#### **Use in Pregnancy**

Control of the blood sugar is vital to assure the birth of a healthy child. Normalization of the blood sugar should have occurred before conception and should continue throughout the pregnancy. Since pregnancy may make diabetes worse and because of the importance of good diabetic control, patients who contemplate pregnancy or who are pregnant should seek expert medical advice.

Diabetic patients who are nursing may require adjustments in insulin dose and/or diet.

**Overdose:*****Hypoglycemia (Insulin Reaction):***

Insulin reaction (too little sugar in the blood, also called "hypoglycemia") can be brought about by:

- Taking too much insulin
- Missing or delaying meals
- Exercising or working too hard just before a meal
- An infection or illness (especially with diarrhea or vomiting)
- A change in the body's need for insulin.

***Dietary Implications:***

If a usual meal cannot be obtained at the appropriate time, then to avoid hypoglycemia, you should take the amount of carbohydrate prescribed for this meal in the form of orange juice, syrup, candy, or bread and milk, without changing your insulin dosage. If it becomes necessary to omit a meal on account of nausea and vomiting, you should test your blood sugar level and notify your doctor.

***Symptoms and Treatment:***

The first symptoms of insulin reaction usually come on suddenly and may include vague symptoms of fatigue, nervousness or "shakiness", rapid heartbeat, nausea, and a cold sweat. It is of utmost importance that you understand that these symptoms demand immediate attention.

The patient's ability to concentrate and to react may be impaired as a result of hypoglycemia. This may constitute a risk in situations where these abilities are of special importance (e.g. driving a car or operating machinery – see Warnings and Precautions).

A few patients who experienced hypoglycemic reactions after being transferred to HUMULIN have reported that these early warning symptoms were less pronounced than they were with animal-source insulin. Some people may not recognize when their blood sugar drops low.

Eating sugar or a sugar-sweetened product will often correct the condition and prevent more serious symptoms. Artificial sweeteners are not useful for the treatment of hypoglycemia.

If a diabetic becomes delirious or mentally confused, or suffers from loss of memory or delusions, corn syrup diluted or orange juice with sugar should be administered by mouth. More severe hypoglycemia may require the assistance of another person. Patients who are unable to take sugar orally or who are unconscious should be treated with intravenous administration of glucose at a medical facility or should be given an injection of glucagon (either intramuscular or subcutaneous). The patient should be given oral carbohydrates as soon as consciousness is recovered. In the event of a hypoglycemic reaction, whether mild or severe, you should notify your doctor promptly so that any desirable change in diet or dosage can be determined.

In case of drug overdose, contact a healthcare practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

**SIDE EFFECTS AND WHAT TO DO ABOUT THEM****Hypoglycemia (Insulin Reaction)**

Hypoglycemia (too little glucose in the blood) is one of the most frequent adverse events experienced by insulin users (see Proper Use of this Medication - Overdose).

**Diabetic Acidosis and Coma**

Diabetic acidosis may develop if your body has too little insulin (this is the opposite of insulin reaction, which is the result of too much insulin in the blood). Diabetic acidosis may be brought on if you omit your insulin or take less than the doctor has prescribed, eat significantly more than your diet calls for, or develop a fever or infection. With acidosis, urine tests show a large amount of sugar and acetone.

The first symptoms of diabetic acidosis usually come on gradually, over a period of hours or days, and include a drowsy feeling, flushed face, thirst, and loss of appetite. Heavy breathing and a rapid pulse are more severe symptoms.

**If uncorrected, loss of consciousness, coma, or death can result. Therefore, it is important that you obtain medical assistance immediately.**

**Allergy to Insulin**

Patients occasionally experience redness, swelling, and itching at the site of injection of insulin. This condition, called local allergy, usually clears up in a few days to a few weeks. If you have local reactions, contact your doctor, who may recommend a change in the type or species of insulin.

Less common, but potentially more serious, is generalized allergy to insulin, which may cause rash over the whole body, shortness of breath, wheezing, reduction in blood pressure, fast pulse, or sweating. Severe cases of generalized allergy may be life threatening. If you think you are having a generalized allergic reaction to insulin, notify a doctor immediately. Your doctor may recommend skin testing, that is, injecting small doses of other insulins into the skin, in order to select the best insulin for you to use. Patients who have had severe generalized allergic reactions to insulin should be skin tested with each new preparation to be used before treatment with that preparation is started.

**Lipoatrophy, Lipohypertrophy, or Localized Cutaneous Amyloidosis:**

Rarely, administration of insulin subcutaneously can result in lipoatrophy (depression in the skin), lipohypertrophy

## IMPORTANT: PLEASE READ

(enlargement or thickening of tissue), or localized subcutaneous amyloidosis (skin lumps). If you notice any of these conditions, consult your doctor. A change in your injection technique may help alleviate the problem.

*This is not a complete list of side effects. For any unexpected effects while taking HUMULIN 30/70, contact your doctor or pharmacist.*

### HOW TO STORE IT

Your unused HUMULIN 30/70 vials should be stored in the refrigerator (2°-8°C). DO NOT FREEZE. The vial of insulin that you are currently using does not have to be refrigerated but should be kept at a temperature below 25°C, away from direct heat and sunlight and protected from freezing. Vials in use or not refrigerated should be discarded after 28 days even if they contain insulin.

### Inspection of the Vial:

DO NOT USE a vial of HUMULIN 30/70 if after re-suspending there are clumps floating in the insulin or if solid white particles stick to the bottom or wall of the vial giving it a frosted appearance (re-suspend the insulin by following instruction 2 under Preparing the Dose). A vial that appears frosted or contains clumps, or is cracked or broken, should be returned to the place of purchase for exchange.

If you notice anything unusual in the appearance or effect of your insulin, consult your healthcare professional.

**DO NOT USE AFTER EXPIRY DATE.**

### REPORTING SUSPECTED SIDE EFFECTS

You can report any suspected adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following 3 ways:

- Report online at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect)
- Call toll-free at 1-866-234-2345
- Complete a Canada Vigilance Reporting Form and:
  - Fax toll-free to 1-866-678-6789, or
  - Mail to: Canada Vigilance Program  
Health Canada  
Postal Locator 0701D  
Ottawa, Ontario  
K1A 0K9

Postage paid labels, Canada Vigilance Reporting Form and the adverse reaction reporting guidelines are available on the MedEffect™ Canada Web site at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect).

*NOTE: Should you require information related to the management of side effects, contact your health professional. The Canada Vigilance Program does not provide medical advice.*

### MORE INFORMATION

For more information, please contact your healthcare professionals or pharmacist first, or Eli Lilly Canada Inc at: 1-888-545-5972 or visit the website at [www.lilly.ca](http://www.lilly.ca)

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