

Instructions for Use

HUMULIN[®] (HU-mu-lin) 70/30

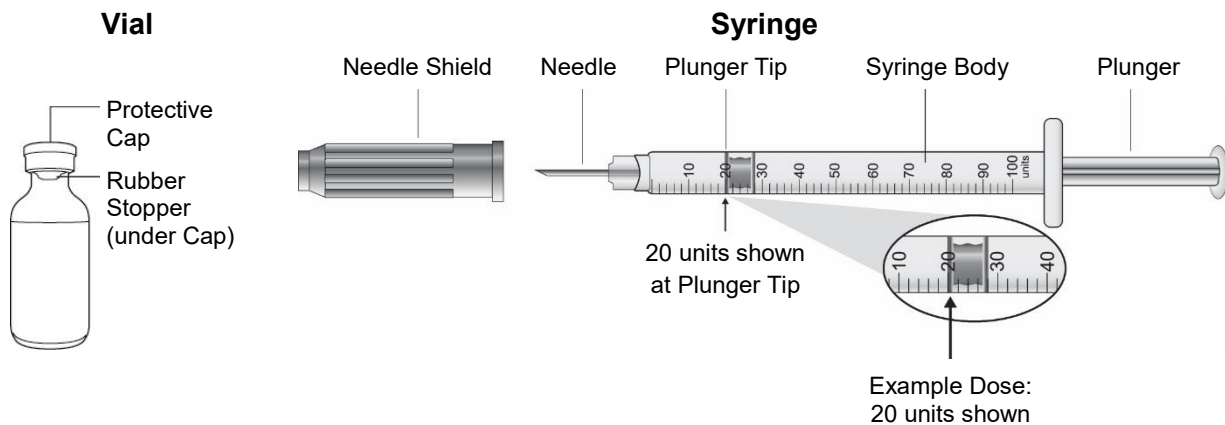
(insulin isophane human and insulin human)
injectable suspension, for subcutaneous use
3 mL or 10 mL multiple-dose vial (100 units/mL)

Read the Instructions for Use before you start taking HUMULIN 70/30 and each time you get a new HUMULIN 70/30 vial. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

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

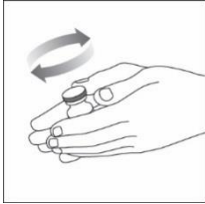
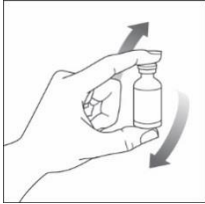


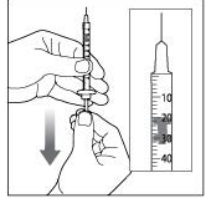

Supplies needed to give your injection:

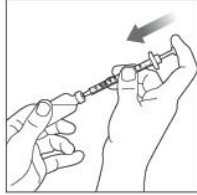
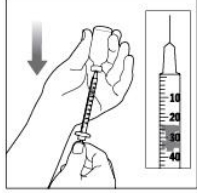
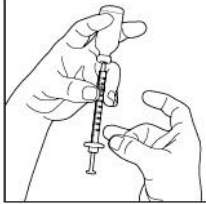
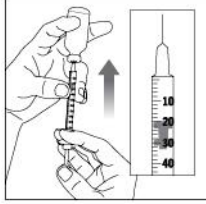

- a 3 mL or 10 mL multiple-dose HUMULIN 70/30 vial
- a U-100 insulin syringe and needle
- 2 alcohol swabs
- 1 sharps container for throwing away used needles and syringes. See “**Disposing of used needles and syringes**” at the end of these instructions.



Preparing your HUMULIN 70/30 dose:

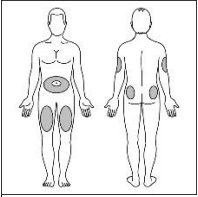
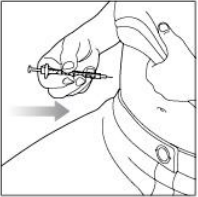
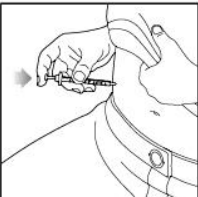
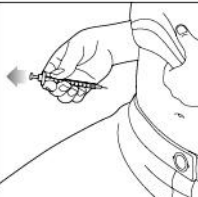
- Wash your hands with soap and water.
- **Check the HUMULIN 70/30 label to make sure you are taking the right type of insulin. This is especially important if you use more than 1 type of insulin.**
- **Do not** use HUMULIN 70/30 past the expiration date printed on the label or 31 days after you first use it.
- **Always use a new syringe or needle for each injection to help ensure sterility and prevent blocked needles. Do not reuse or share your syringes or needles with other people. You may give other people a serious infection or get a serious infection from them.**

<p>Step 1:</p> <p>Gently roll the vial between the palms of your hands at least 10 times.</p>	
<p>Step 2:</p> <p>Carefully invert the vial at least 10 times. Mixing is important to make sure you get the right dose. Humulin 70/30 should look white and cloudy after mixing. Do not use it if it looks clear or contains any lumps or particles.</p>	
<p>Step 3:</p> <p>If you are using a new vial, pull off the plastic Protective Cap, but do not remove the Rubber Stopper.</p>	
<p>Step 4:</p> <p>Wipe the Rubber Stopper with an alcohol swab.</p>	
<p>Step 5:</p> <p>Hold the syringe with the needle pointing up. Pull down on the Plunger until the tip of the Plunger reaches the line for the number of units for your prescribed dose.</p>	 <p>(Example Dose: 20 units shown)</p>
<p>Step 6:</p> <p>Push the needle through the Rubber Stopper of the vial.</p>	

<p>Step 7:</p> <p>Push the plunger all the way in. This puts air into the vial.</p>	
<p>Step 8:</p> <p>Turn the vial and syringe upside down and slowly pull the Plunger down until the tip is a few units past the line for your prescribed dose.</p> <p>If there are air bubbles, tap the syringe gently a few times to let any air bubbles rise to the top.</p>	 <p>(Example Dose: 20 units Plunger is shown at 24 units)</p> 
<p>Step 9:</p> <p>Slowly push the Plunger up until the tip reaches the line for your prescribed dose.</p> <p>Check the syringe to make sure that you have the right dose.</p>	 <p>(Example Dose: 20 units shown)</p>
<p>Step 10:</p> <p>Pull the syringe out of the vial's Rubber Stopper.</p>	

Giving your HUMULIN 70/30 injection:

- Inject your insulin exactly as your healthcare provider has shown you.
- Change (rotate) your injection sites within the area you choose for each dose 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** 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.

<p>Step 11:</p> <p>Choose your injection site. HUMULIN 70/30 is injected under the skin (subcutaneously) of your stomach area (abdomen), buttocks, upper legs or upper arms. Wipe the skin with an alcohol swab. Let the injection site dry before you inject your dose.</p>	
<p>Step 12:</p> <p>Insert the needle into your skin.</p>	
<p>Step 13:</p> <p>Push down on the Plunger to inject your dose. The needle should stay in your skin for at least 5 seconds to make sure you have injected all of your insulin dose.</p>	
<p>Step 14:</p> <p>Pull the needle out of your skin.</p> <ul style="list-style-type: none"> • If you see blood after you take the needle out of your skin, press the injection site with a piece of gauze or an alcohol swab. Do not rub the area. • Do not recap the needle. Recapping the needle can lead to a needle stick injury. 	

Disposing of used needles and syringes:

- Put your used needles and syringes in a FDA-cleared sharps disposal container right away after use. **Do not** throw away (dispose of) loose needles and syringes in your household trash.
- If you do not have a FDA-cleared sharps disposal container, you may use a household container that is:
 - made of a heavy-duty plastic,
 - can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out,
 - upright and stable during use,
 - leak-resistant, and
 - properly labeled to warn of hazardous waste inside the container.

- When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: <http://www.fda.gov/safesharpsdisposal>.
- Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this. Do not recycle your used sharps disposal container.

How should I store HUMULIN 70/30?

All unopened HUMULIN 70/30 vials:

- Store all unopened vials in the refrigerator.
- **Do not** freeze. **Do not** use if it has been frozen.
- Keep away from heat and out of direct light.
- Unopened vials can be used until the expiration date on the carton and label, if they have been stored in the refrigerator.
- Unopened vials should be thrown away after 31 days, if they are stored at room temperature.

After HUMULIN 70/30 vials have been opened:

- Store opened vials in the refrigerator or at room temperature up to 86°F (30°C) for up to 31 days.
- Keep away from heat and out of direct light.
- Throw away all opened vials after 31 days of use, even if there is still insulin left in the vial.

General information about the safe and effective use of HUMULIN 70/30.

- Keep HUMULIN 70/30 vials, syringes, needles, and all medicines out of the reach of children.
- **Always** use a new syringe or needle for each injection.
- **Do not reuse or share your syringes or needles with other people. You may give other people a serious infection or get a serious infection from them.**

If you have any questions or problems with your HUMULIN, contact Lilly at 1-800-Lilly-Rx (1-800-545-5979) or call your healthcare provider for help. For more information on HUMULIN and insulin, go to www.humulin.com.



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This Instructions for Use has been approved by the U.S. Food and Drug Administration.

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**Manufactured by:
Eli Lilly and Company, Indianapolis, IN 46285, USA
US License Number 1891**

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