

Instructions for Use

Humulin[®] (HU-mu-lin) R (insulin human)

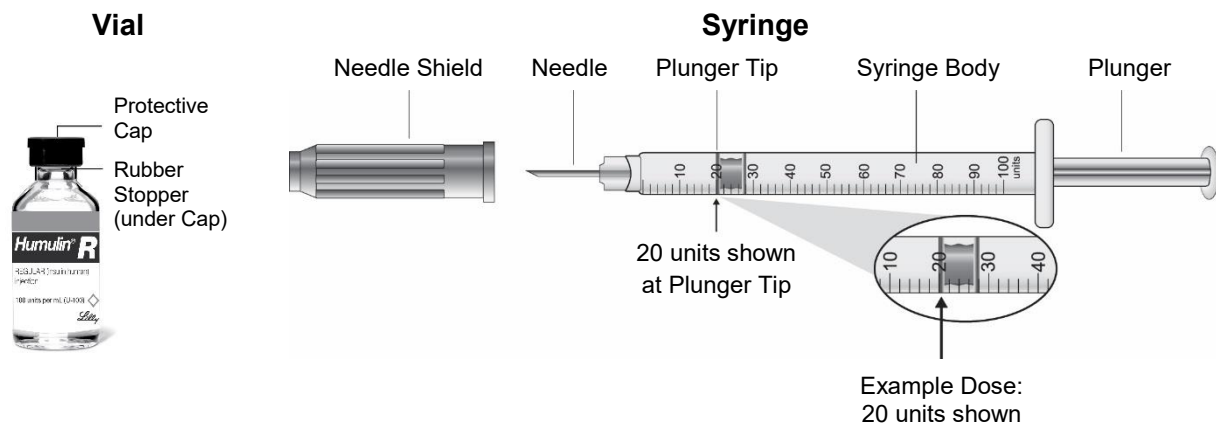
injection, for subcutaneous or intravenous use 3 mL or 10 mL multiple-dose vial (100 units/mL)

Read the Instructions for Use before you start taking HUMULIN R and each time you get a new 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[®] R 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 the Dose

- Wash your hands with soap and water.
- Check the HUMULIN R 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 R 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 make sure the syringe needle is sterile and to 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.**

Step 1:

Check the insulin. HUMULIN R solution should look clear and colorless. **Do not** use HUMULIN R if it looks cloudy, thick, slightly colored, or if you see particles in the solution.

Step 2:

If you are using a new HUMULIN R vial, flip off the plastic protective Cap, but **do not** remove the Rubber Stopper.



Step 3:

Wipe the Rubber Stopper with an alcohol swab.



Step 4:

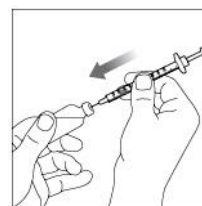
Hold the syringe with the needle pointing up. Pull down on the Plunger until the tip of the Plunger reaches the line for the number of units for your prescribed dose.



(Example Dose: 20 units shown)

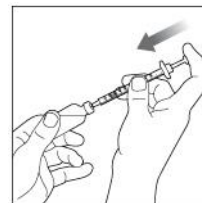
Step 5:

Push the needle through the Rubber Stopper of the vial.



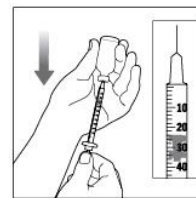
Step 6:

Push the Plunger all the way in. This puts air into the vial.



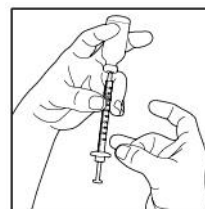
Step 7:

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.



(Example Dose: 20 units
Plunger is shown at 24 units)

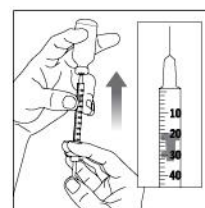
If there are air bubbles in the syringe, tap the syringe gently a few times to let any air bubbles rise to the top.



Step 8:

Slowly push the Plunger up until the tip reaches the line for your prescribed dose.

Check to make sure that you have the right dose.



(Example Dose: 20 units
shown)

Step 9:

Pull the syringe out of the vial's Rubber Stopper.



If you use HUMULIN R with HUMULIN N:

- HUMULIN N is the **only** type of insulin that can be mixed with HUMULIN R. Do not mix HUMULIN R with any other type of insulin.
- HUMULIN R should be drawn up into the syringe first, before you draw up Humulin N. Talk to your healthcare provider if you are not sure about the right way to mix HUMULIN R and HUMULIN N.
- Give your injection right away.

Giving your 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.

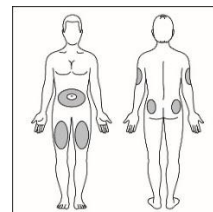
- **Do not** inject where the skin has pits, is thickened, or has lumps.
- **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.

Step 10:

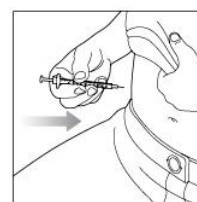
Choose your injection site.

HUMULIN R 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.

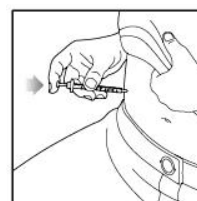
**Step 11:**

Insert the needle into your skin.

**Step 12:**

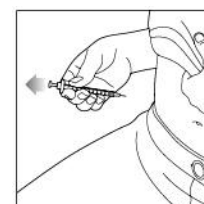
Push down on the Plunger to inject your dose.

The needle should stay in your skin for at least 5 seconds to make sure you have injected all of your insulin dose.

**Step 13:**

Pull the needle out of your skin.

- You may see a drop of insulin at the needle tip. This is normal and does not affect the dose you received.
- 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 R?

All unopened vials:

- Store all unopened vials in the refrigerator at 36° to 46°F (2° to 8°C).
- **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 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, even if there is still insulin left in the vial.

General information about the safe and effective use

- Keep HUMULIN R 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.



Scan this code to launch the humulin.com website

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

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