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PATIENT & CAREGIVER EDUCATION

# Insulin Degludec

This information from Lexicomp® explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

## Brand Names: US

Tresiba; Tresiba FlexTouch

## Brand Names: Canada

Tresiba

## What is this drug used for?

- It is used to lower blood sugar in patients with high blood sugar (diabetes).

## What do I need to tell the doctor **BEFORE** my child takes this drug?

- If your child has an allergy to this drug or any part of this drug.
- If your child is allergic to any drugs like this one or any other drugs, foods, or other substances. Tell the doctor about the allergy and what signs your child had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If your child has any of these health problems: Acidic blood problem or low blood sugar.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for your child to take this drug with all of his/her drugs and health problems. Do not start, stop, or change the dose of any drug your child

takes without checking with the doctor.

## What are some things I need to know or do while my child takes this drug?

### All products:

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Allergic reactions have happened with this drug. Rarely, some reactions can be very bad or life-threatening. Talk with the doctor.
- Low blood sugar may happen with this drug. Very low blood sugar can lead to seizures, passing out, long lasting brain damage, and sometimes death. Talk with the doctor.
- Low blood potassium may happen with this drug. If not treated, this can lead to a heartbeat that is not normal, very bad breathing problems, and sometimes death. Talk with the doctor.
- Have your child avoid tasks or actions that call for alertness until you see how this drug affects your child. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles.
- Some diabetes drugs like pioglitazone or rosiglitazone may cause heart failure or make it worse in people who already have it. Using insulin with these drugs may increase this risk. If you also take one of these drugs, talk with the doctor.
- Be sure your child has the right insulin product. Insulin products come in many containers like vials, cartridges, and pens. Be sure that you know how to measure and get your child's dose ready. If you have any questions, call the doctor or pharmacist.
- It may be harder to control your child's blood sugar during times of stress like when your child has a fever, an infection, an injury, or surgery. A change in level of physical activity or exercise and a change in diet may also affect your child's blood sugar. Talk with the doctor.
- Have your child wear disease medical alert ID (identification).
- If your child is old enough to drive, do not let your child drive if his/her

blood sugar has been low. There is a greater chance of having a crash.

- Have your child's blood sugar checked as you have been told by your child's doctor.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- Alcohol interacts with this drug. Be sure your child does not drink alcohol or take products that have alcohol in them.
- Do not share your child's insulin product with another person. This includes any pens, cartridge devices, needles, or syringes, even if the needle has been changed. Sharing may pass infections from one person to another. This includes infections you may not know your child has.

### **If your child is pregnant or breast-feeding a baby:**

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

### **U-200 shot product:**

- This brand of insulin is 2 times stronger than other brands. Use extra care when you measure a dose. Accidental overdose may lead to very bad side effects or life-threatening low blood sugar. Talk with the doctor.

## **What are some side effects that I need to call my child's doctor about right away?**

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of low potassium levels like muscle pain or weakness, muscle cramps,

or a heartbeat that does not feel normal.

- Change in eyesight.
- Chills.
- Very bad dizziness or passing out.
- Seizures.
- Change in skin to thick or thin where the shot was given.
- Mood changes.
- Slurred speech.
- Shortness of breath, a big weight gain, or swelling in the arms or legs.
- Low blood sugar can happen. The chance of low blood sugar may be raised when this drug is used with other drugs for high blood sugar (diabetes). Signs may be dizziness, headache, feeling sleepy, feeling weak, shaking, a fast heartbeat, confusion, hunger, or sweating. Call the doctor right away if your child has any of these signs. Follow what you have been told to do if your child gets low blood sugar. This may include giving your child glucose tablets, liquid glucose, or some fruit juices.

## **What are some other side effects of this drug?**

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Nose and throat irritation.
- Signs of a common cold.
- Headache.
- Diarrhea.
- Weight gain.
- Irritation where the shot is given.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

## **How is this drug best given?**

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

### **All products:**

- It is given as a shot into the fatty part of the skin on the top of the thigh, belly area, or upper arm.
- If you will be giving your child the shot, your child's doctor or nurse will teach you how to give the shot.
- Follow how to use as you have been told by the doctor or read the package insert.
- Give this drug at the same time of day.
- Wash your hands before use.
- Move site where you give the shot each time.
- Do not use if the solution is cloudy, leaking, or has particles.
- Do not use if solution changes color.
- Throw away needles in a needle/sharp disposal box. Do not reuse needles or other items. When the box is full, follow all local rules for getting rid of it. Talk with a doctor or pharmacist if you have any questions.
- Do not use outdated insulin.
- Do not mix with other liquids.
- Have your child follow the diet and workout plan your child's doctor told you about.

### **Vials:**

- Do not draw into a syringe and store for future use.

### **Prefilled pen:**

- Remove all pen needle covers before injecting a dose (there may be 2). If you

are not sure what type of pen needle you have or how to use it, talk with the doctor.

- This product may make a clicking sound as you prepare the dose. Do not prepare the dose by counting the clicks. Doing so could lead to using the wrong dose.
- Take off the needle after each shot. Do not store this device with the needle on it.
- Do not move this drug from the pen to a syringe or mix with other types of insulin.

## **What do I do if my child misses a dose?**

- Call your child's doctor to find out what to do.

## **How do I store and/or throw out this drug?**

### **All products:**

- Store unopened pens in a refrigerator. Do not freeze.
- Do not use if it has been frozen.
- If an unopened container has been stored at room temperature, be sure you know how long you can leave this drug at room temperature before you need to throw it away. If you are not sure, talk with the doctor or pharmacist.
- After opening, store in a refrigerator or at room temperature. Protect from heat and light. Throw away any part not used after 8 weeks.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

### **Vials:**

- Store in the carton to protect from light.

## General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Keep a list of all your child's drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your child's doctor.
- Talk with your child's doctor before giving your child any new drug, including prescription or OTC, natural products, or vitamins.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

## Consumer Information Use and Disclaimer

This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.

## Last Reviewed Date

2018-12-18

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If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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Insulin Degludec - Generated on July 21, 2019

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