

Transitioning to a Biosimilar Insulin



Transition Tips

- ▶ Use the biosimilar insulin the same way you have been using your previous insulin.
 - Same dose: Your dose does not change.
 - Same way: Inject under the skin (subcutaneous) using an insulin pen or syringe.
 - Same time: Inject at the same time of day as before.
- ▶ Stop using the reference biologic insulin you have been using. If you have any supply left at home, it can be returned to the pharmacy for disposal.
- ▶ Continue using all your other medications.



Biosimilar Facts

- Biosimilar insulin is proven to work as well as its reference biologic. Any time your insulin changes it is important to check your blood sugars regularly.
- There are no expected differences in side effects. Talk to your pharmacist, doctor, or nurse practitioner if you notice any changes.



Managing Your Health

- ✓ Make an appointment to see your doctor or nurse practitioner in 3 months for a diabetes check-up.
- ✓ Know the signs of low blood sugar (called hypoglycemia) and how to treat it. Talk to your healthcare provider if you experience low blood sugars.

My Insulin Regimen

- Unopened insulin can be stored in the fridge until the expiry date on the package.
- Opened insulin can be kept at room temperature for up to 28 days.

	MORNING	BREAKFAST	LUNCH	SUPPER	EVENING
LONG-ACTING/BASAL:					
MEALTIME/BOLUS:					



Questions about managing diabetes?

Talk to your healthcare provider
Check out the resources from [Diabetes Canada](#)



Contact medSask to have your medication questions answered free of charge by a pharmacist.

You can reach us by **phone: 1 800 665 3784** or **email: med.sask@usask.ca**.