



A guide to...

The use of Insulin Degludec (Tresiba)

How to contact us

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Ratified Date / Review Date	June 2020 / June 2023
ID Number	40/1035 /V4



Using Insulin Degludec (Tresiba) in children and young people aged 1-18 years under the care of the West Hertfordshire Hospitals NHS Trust (WHHT) Children and Young People's Diabetes (CYPD) Team

Introduction

Insulin degludec, which is supplied under the trade name of Tresiba, is an ultra long acting insulin which can be used by people with Type 1 diabetes. It is given once a day but because of its longer time of action, it offers a greater flexibility of injection time. However, we recommend that like other basal insulin, the aim is to give it at the same time each day.

The long duration of action make it less suitable for people who need to adjust their basal insulin according to the amount of exercise or sporting activity that they have completed during a day.

Research trials have shown that insulin degludec is helpful in reducing incidence of nocturnal hypoglycaemia compared with other basal insulin.

It is also considered to be helpful for people who struggle to give their basal insulin at a regular time each day which may lead to recurrent admissions and a risk of diabetic ketoacidosis.

How is Insulin Degludec (Tresiba) taken?

Tresiba is given as a once daily subcutaneous injection using a pen device called the Tresiba flex-touch disposable pen. It is injected into the subcutaneous fat on the arms, abdominal wall, thighs and buttocks in a similar way to other insulin. The injection sites need to be rotated in order to avoid the development of lumpy areas (lipohypertrophy). The pens can be used with the usual 4mm needles.



It is prescribed as the 100 units /ml flex-touch pen which contains 300 units per pen and can deliver a maximum of 80 units per injection in steps of 1 unit.

Monitoring

Prior to starting the insulin degludec, you will be asked to provide results from one week of blood glucose testing (recommended x 5 tests per day) and then a further week of blood glucose to the paediatric diabetes team one week after starting the insulin degludec. Thereafter, your blood glucose levels (5 x blood glucose tests per day) need to be reviewed fortnightly until they become stable. This would be expected over a 2 to 8 week period.

Prescription

Initially until your blood glucose levels are stable, you will need a fortnightly prescription from the diabetes team which is dispensed at the hospital pharmacy only and then a request will be made to your GP to take over the prescribing on a repeat prescription basis. Any query regarding a patient's therapy should be directed to the paediatric diabetes team.

Storage

Before use:

- Store unused Tresiba Flex Touch pens in the refrigerator at 2 to 8°C
- Do not freeze Tresiba and do not use Tresiba if it has been frozen
- Unused pens may be used until the expiration date printed on the label, if kept in the refrigerator.

After use:-

- Keep at room temperature (maximum 30 °C) for up to 8 weeks
- Keep away from direct heat and light for up to 8 weeks
- Dispose after 8 weeks, even if there is insulin left in the pen

Side effects of Insulin Degludec (Tresiba)

Reported side effects of Tresiba include low blood sugars, lipohypertrophy of injection sites, itching, rashes and allergic reactions. It has also been reported to cause gastrointestinal upset, weight gain, headaches and sinusitis.