The Use of Insuslin Degludec (Tresiba®)

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Patient information

# The use of Insulin Degludec (Tresiba®)

Excellent patient care, together

# Using Insulin Degludec (Tresiba®) in children and young people aged 1-18 years under the care of the West Hertfordshire Teaching Hospitals NHS Trust 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 or Type 2 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 insulins, the aim is to give it at the same time each day.

The long duration of action makes 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 Tresiba® is helpful in reducing incidence of nocturnal hypoglycaemia compared with other basal insulins.

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 Tresiba® taken?

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







It is prescribed either in a disposable pen device or in cartridges for use in your insulin pen device. Ask your GP if you need a new pen device.

Tresiba® Penfill® 3ml (millilitre) cartridges contain 300 units per cartridge in a formulation of 100 units per ml (millilitre). Penfill cartridges allow you to give doses in 0.5 unit or 1 unit increments.

Tresiba® FlexTouch® pens contain 300 units per pen in a formulation of 100 units per ml (millilitre) and can deliver a maximum of 80 units per injection in 1 unit increments.

**Storage**

Before use:

- Store unused Tresiba® pens and cartridges in the refrigerator at 2°C 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 (below 30°C) for up to eight weeks.
- Keep away from direct heat and light for up to eight weeks.
- Dispose after eight weeks, even if there is insulin left in the pen.

Disposal of any unused insulin after eight-week period:

- Disposable Tresiba® FlexTouch® pens should be put in a sharps bin.
- Tresiba® Penfill® 3ml (millilitre) cartridges should be put in a sharps bin.
- Your GP will issue a sharps bin.

**Side effects of 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.

## How to contact us

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For more information, please scan the QR code or visit our website.

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