Alcohol and smoking can also affect the way insulin works. If you have any doubts about your medicine then discuss things more fully with your doctor, pharmacist or diabetes nurse.

Pregnancy and breast-feeding

Before you inject this medicine you should tell your doctor if you are pregnant or wish to become pregnant or start breast-feeding. It is also important for your health and the health of your baby.

Insulin requirements should be assessed frequently by an experienced diabetes physician during pregnancy, after delivery and whilst breast-feeding.

Driving and using machines

Your ability to concentrate or react may be reduced if you have hypoglycaemia. This might put you at risk when you are driving a car or operating machinery. You should contact your doctor about the advisability of driving if you have:

• Impairment of hypoglycaemia
• Reduced or lack of warning signs of hypoglycaemia

Important information about some of the ingredients of Hypurin

Zinc, protamine and the preservatives in-cresol and phenol are also present in Hypurin.

3. HOW TO USE HYPURIN®

What dose is needed?

There is no 'standard' dose of insulin. Each person with diabetes has their own dose calculated according to their needs. Your doctor will decide which dose is best for you and which insulin to use. Always follow your doctor's instructions exactly and also follow any special instructions or warnings that appear on the label that the pharmacist has put on the pack.

Drug interactions and adjustments

Patients with diabetes of the liver, kidneys, adrenal, pituitary or thyroid glands, or coeliac disease (symptoms may include severe diarrhoea and unintentional weight loss) may need to be closely monitored. This dose may alter during illness (including infection and surgery), injury, emotional stress, during pregnancy and after delivery. Lactating women may also experience dosage adjustments. It may also change with your diet and weight, particularly if you are exercising more.

Talk to your doctor if you are pregnant or breast-feeding.

If you have any doubts about your medicine then discuss things more fully with your doctor, pharmacist or diabetes nurse.

Advice and checks to be made when using Hypurin Porcine Insulin

You must keep a close watch on your blood sugar levels and your general condition. Your guide is the absence of symptoms of hypoglycaemia. Your urine should be tested for ketones at regular intervals.

Be aware that insulin resistance can occur, particularly in patients who have limb disorders (usually this will be diagnosed by blood tests), hyperglycaemia (high blood pressure) or heart disease. Stress can also contribute to insulin resistance.

If your doctor has asked you to increase the frequency of your insulin treatment it is a good idea to increase your sugar levels, you may use some time lose some weight and improve your control of diabetes, which may help prevent the symptoms of hypoglycaemia. These symptoms include shakiness, pale skin, sweats, feeling hot and hungry.

You should also lose some of the warning symptoms of hypoglycaemia if you have had repeated attacks of hypoglycaemia. Control of your blood sugar is greatly improved, if control of your blood sugar is greatly improved, if control of your blood sugar is greatly improved, if control of your blood sugar is greatly improved, if control of your blood sugar is greatly improved.

If you are elderly, you may have more severe symptoms of hypoglycaemia and some of the warning symptoms may change, be weaker or be missing.

Be aware that activities such as taking a hot bath, sunbathing, or using a sauced or sauna can increase the rate at which insulin is absorbed and increase the risk of hypoglycaemia.

Injection sites

Recommended injection sites include the upper arms, thighs, buttocks and lower abdomen. It may be preferable to use those areas that are less visible. Each time you inject your insulin you should use a different site when possible, avoiding areas of the body that have a lot of fat (for example the lower abdomen or hips) and areas of scar tissue. Choose an area that is well away from veins, nerves, muscles, the appendix or the seat of your trousers. Change to different injection sites each week.

Hypurin Porcine Insulin should be injected into a skinfold, not by a doctor in an emergency
Injecting Hypurin
Your doctor or diabetes nurse will advise you on how to inject Hypurin.
• Check that the vial in the cartoon has the same label as on the carton and that different types of Hypurin Porcine have not been mixed up.
• Do not use Hypurin Porcine that has been frozen or contains lumps that do not disappear on mixing.
• Wash and dry your hands.
• Clean the rubber plug on the vial, but do not remove it.
• If you are using Hypurin Porcine buyophane, Hypurin Porcine 30/70 Mix, rinse the needle through the rubber plug and inject the air into the vial. This will make it easier for you to draw up the insulin.
• Leave the needle in the vial, turn the vial upside down, making sure the needle tip stays below the surface of the insulin. Shake till the insulin is mixed with nationally approved insulins. Insulin is ready to be injected when the inside of the vial is clear of any air bubbles. Draw up the insulin out of the vial. You are now ready to inject your insulin.
• Pinch up the skin at the injection site. Stick the needle in a slight angle. Do not release the skin. Push the plunger down to empty the syringe keeping the needle upright for about 5 seconds. Release the pinched up skin and take the needle out. There is no need to rub or compress the area.
• Once the vial is opened the insulin must only be used by the patient who is receiving it.
• If your doctor recommends it, Hypurin Porcine can be mixed with Hypurin buyophane in the same syringe. If you need to do this, draw the Hypurin Porcine into the syringe by first removing the Hypurin buyophane. This should be demonstrated to you before you attempt to do it yourself. Use the injection immediately.
• If you think you have received too much Hypurin
If you think you have received too much Hypurin, contact your doctor or diabetes nurse immediately. Symptoms of an overdose include weakness, sweating, trembling, nervousness, restlessness, excitement and finally if untreated, could lead to collapse and coma.

5. POSSIBLE SIDE EFFECTS
Uncommon, serious side effects in some patients when treatment is first started or if there is a change in the type of insulin used. These include:
• Hypoglycaemia (see section “Treating hypoglycaemia”)
• swelling (edema)
• thickening or pitting of the skin in the areas used for injection (erythema)
• rash
• pain caused by nerve damage
• thirst or dry mouth
• loss of muscle power, which can cause muscle weakness, trembling or abnormal heart rhythms (hypokalaemia)
• weight gain
• nausea

Rarely the following side effects may occur:
• allergic reactions and generalised swelling (edema)
• severe and long-lasting cause difficulty in breathing or dizziness.
Hypoglycaemia or “hypo” or insulin reaction symptoms
Hypoglycaemia means low blood sugar. The symptoms of a “hypo” may include:
• pale face, sweating
• palpitations, rapid heartbeat, heart disease (symptoms may include chest pain and shortness of breath)
• hunger
• cramps
• deep breathing
• weakness, dizziness, yawning, fatigue, reduced consciousness
• altered behavior, aggression, confusion, irritability, anxiety, nervousness, restlessness, excitement, hallucinations
• difficulty in finding words, difficulty in concentrating
• blurred vision and/or double vision, slurred speech
• tingling or numbness of the nose, mouth, fingers or toes
• paroxysms
• headache, excess fluid in the brain (symptoms may include headache, loss of co-ordination), brain damage (symptoms may include forgetfulness, learning difficulties).

Why might hypoglycaemia occur?
Hypoglycaemia may occur for the following reasons (or occasionally for no apparent reason):
• missing any or part of a meal or eating less than the correct dietary allowance
• taking more exercise than usual
• injecting the wrong dose of insulin
• eating highly alcoholic drinks—“liver damage”

Unまった “hypo” can have serious consequences. It is important to recognize the symptoms and treat hypoglycaemia early.

Treating hypoglycaemia
• Always carry glucose tablets or sugar lumps with you wherever you go.
• At the first warning signs of hypoglycaemia, stop what you are doing and take four tablets or three sugar lumps, preferably with water. You should begin to feel better almost immediately.
• Do not eat or drink to induce diabetes. Regular glucose tablets or sugar lumps will replace the insulin. Over-eating food such as sandwiches or biscuits.
• Because of the risk of a “hypo” you should carry an identification card or wear an identity band on your wrist detailing your name, address, doctor and insulin treatment. It is also important that relatives, friends and colleagues know you have diabetes and take insulin so that they can recognise symptoms of a “hypo” and help you if necessary.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme www.mhra.gov.uk/yelcard.

3. HOW TO STORE HYPURIN
Keep all vials and syringes out of the reach and sight of children.
Hypurin Porcine vials should be stored in a refrigerator between 2-8°C. Once in use, the cartridge can be kept at room temperature (up to 25°C) for 28 days after which it should be discarded.
Do not use this medicine if the expiry date on the label has passed or if the insulin has frozen. The expiry date refers to the last day of the month. Medicines should not be disposed of via the household waste bin or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION
What Hypurin Porcine Contains
Hypurin Porcine Neutral is a sterile, clear solution of porcine insulin (40 Cornwall (Diabetes) Ltd). It contains zinc, insulin, phenol, glycerol and sodium phosphate. Hypurin Porcine is a white, sterile suspension of porcine insulin (100 international units/ml) with protamine sulphate and zinc crystals. Hypurin Porcine Neutral contains zinc, insulin, phenol, glycerol and sodium phosphate.
Hypurin Porcine 30/70 Mix contains 30% of 30/70 Mix, a sterile, white suspension of porcine (100 international units/ml) with protamine sulphate and zinc crystals. It also contains zinc, insulin, phenol, glycerol and sodium phosphate.

What Hypurin Porcine Looks like and contents of the pack
Hypurin Porcine is available in packs of glass vials, which contain 10ml sterile sodium solution, and 5ml cartridges, which contain 10ml of solution or suspension for use in syringes.

Other formats:
• To listen or to request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK Only)

• Please be ready to give the following information:

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<th>Reference Number</th>
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<td>PL 29313/0126</td>
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<tr>
<td>Hypurin® Porcine Isophane</td>
<td>PL 29313/0121</td>
</tr>
<tr>
<td>Hypurin® Porcine 30/70 Mix</td>
<td>PL 29313/0110</td>
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This is a service provided by the Royal National Institute for the Blind People.
Marketing Authorisation Holder and Manufacturer Marketing Authorisation Holder
Wockhardt UK Ltd, Ash Road North, Wrexham, LL13 9UF, UK.
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