

# Glargine U300 (Toujeo®)



## **NIGHT BEFORE**

Take your normal dose of glargine U300 the day before your flight.

## **WHILE TRAVELING**

Continue to take bolus doses with your meals. If you are having additional meals during the trip, take bolus insulin with these meals.

## **AROUND 24 HOURS LATER**

Take your next dose of glargine U300 insulin between 21 and 27 hours after your last dose. Change the time on your watch to your destination's time zone.

## **DURING YOUR TRIP**

Continue taking your insulin at the same time as your previous dose.