

# Norditropin<sup>®</sup> FlexPro<sup>®</sup> 15 mg

Somatropin (rbe)

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## Instructions For Use

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### Introduction

Please read these instructions carefully before using your Norditropin<sup>®</sup> FlexPro<sup>®</sup> pen. **Start by checking the name, strength and coloured label** of your Norditropin<sup>®</sup> FlexPro<sup>®</sup> pen to make sure that it contains the growth hormone strength you need.

### Read on to learn about:

**Preparing your Norditropin<sup>®</sup> FlexPro<sup>®</sup> pen**

**Checking the growth hormone flow with each new pen**

**Selecting your dose**

**Injecting your dose**

**Caring for your Norditropin<sup>®</sup> FlexPro<sup>®</sup> pen**

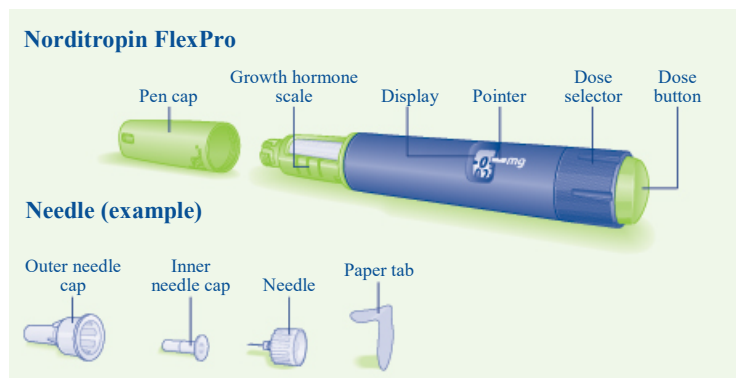
**Important information**

Norditropin<sup>®</sup> FlexPro<sup>®</sup> pen is a pre-filled human growth hormone pen. Norditropin<sup>®</sup> FlexPro<sup>®</sup> contains 15 mg of human growth hormone solution and delivers doses from 0.1 to 8.0 mg, in increments of 0.1 mg. Your doctor will decide the correct dose for you.

NovoFine<sup>®</sup> needles (8 mm 30 G or smaller) are designed to be used with Norditropin<sup>®</sup> FlexPro<sup>®</sup>.

Do not use the pen if the growth hormone solution inside the cartridge is unclear or cloudy.

Do not share your Norditropin<sup>®</sup> FlexPro<sup>®</sup> with anyone else.



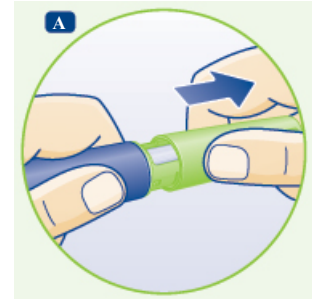
## Preparing Your Norditropin® FlexPro® Pen

Check the name, strength and coloured label of your Norditropin® FlexPro® pen to make sure that it contains the growth hormone strength you or your child needs.

### A.

Pull off the pen cap.

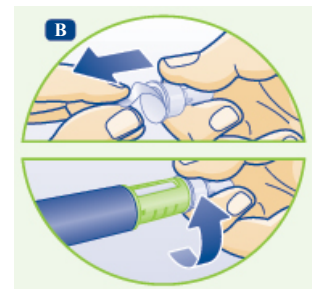
Check that the growth hormone solution in the pen is clear and colourless by tipping it upside down once or twice. If the solution looks unclear or cloudy, **do not** use the pen.



### B.

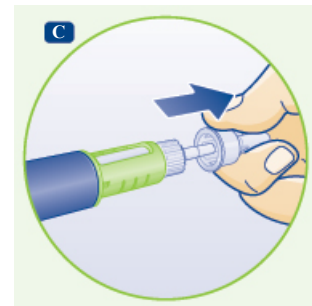
Remove the protective tab from a NovoFine® needle (8 mm 30 G or smaller) and screw the needle securely onto the pen.

- ! *Always use a new needle for each injection. This reduces the risk of contamination, infection, leakage of growth hormone, blocked needles and inaccurate dosing.*
- ! *Be careful not to bend or damage the needle before use.*



### C.

Pull off the outer needle cap and save it. After injection you will need it to correctly remove the needle from the pen.

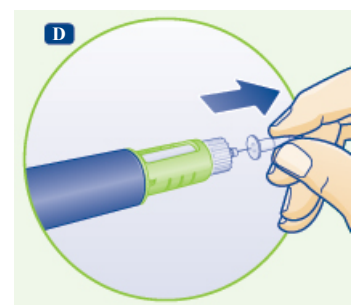


### D.

Carefully pull off the inner needle cap and dispose of it.

To reduce the risk of needlestick injury, never put the inner needle cap back on once you have removed it from the needle.

A drop of growth hormone may appear at the needle tip. This is normal.

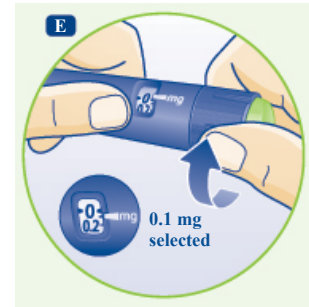


## Checking the growth hormone flow with each new pen

Make sure that you receive your full dose by checking the growth hormone flow before you select and inject your first dose.

**E.**

Turn the dose selector to select the **minimum** dose, 0.1 mg.



**F.**

Hold the pen with the needle pointing upwards. Tap the top of the pen a few times to make any air bubbles rise to the top.



**G.**

Press the dose button until the figure 0 in the display lines up with the pointer. A drop of growth hormone should appear at the needle tip. If not, repeat steps E to G up to 6 times. If a drop does not appear after these attempts, attach a new needle and repeat steps E to G once more.

If a drop of growth hormone still does not appear, the device is faulty, and must not be used.

! *Always make sure that a drop appears at the needle tip before you inject your first dose with each new pen.*



**Selecting the dose**

**Use the dose selector on your Norditropin® FlexPro® pen to select up to 8.0 mg per dose.**

**H.**

Select or adjust the dose you need by turning the dose selector forwards or backwards until the correct number of mg lines up with the pointer.

When the pen contains less than 8.0 mg, the dose selector stops at the number of mg left.

① The dose selector clicks differently when turned forwards, backwards or past the number of mg left.

① **How much growth hormone is left?**

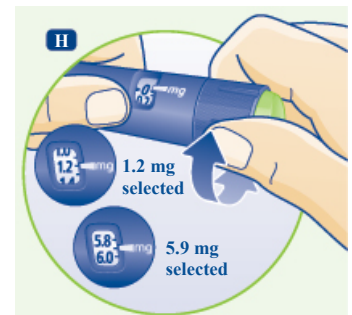
You can use the growth hormone scale to see approximately how much growth hormone is left in the pen.

You can use the dose selector to see exactly how much growth hormone is left - if the pen contains less than 8.0 mg:

Turn the dose selector until it stops. The figure that lines up with the pointer shows how many mg are left.

If you need more growth hormone than you have left in your pen, you can use a new pen or split your between your current pen and a new pen.

! *Never use the pen clicks to count the number of mg you select. Only the display and pointer will indicate the exact number of mg.*



- ! *Never use the growth hormone scale to set or choose your dose. Only the display and pointer will indicate the exact number of mg.*

### **Injecting your dose**

**Make sure that you receive your full dose by using the right injection technique.**

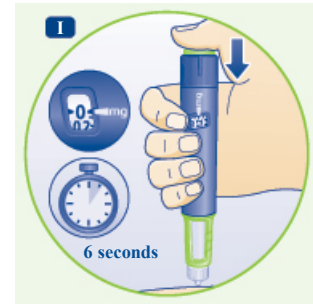
#### **I.**

Use the injection technique recommended by your healthcare professional. Insert the needle under the skin. Deliver the dose by pressing the push button until the figure 0 in the display lines up with the pointer.

As you do this, you may hear or feel a click.

Leave the needle under the skin for at least **6 seconds** to ensure that the full dose has been delivered.

You can let go of the dose button while you wait.

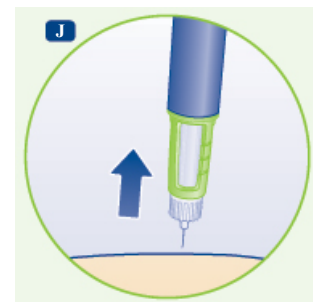


#### **J.**

Remove the needle from the skin.

You may notice a drop of growth hormone at the needle tip. This is normal and has no effect on the dose injected.

- ! *Never use the pen clicks to count the number of mg you inject. Only the display and pointer will indicate the exact number of mg*
- ! *Never touch the display when you inject as this can block the injection*



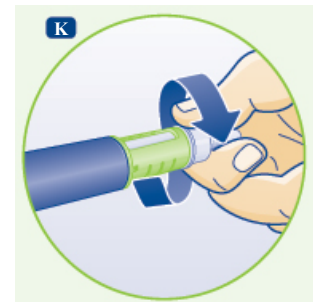
#### **K.**

Put the outer needle cap back on carefully without touching the needle. Unscrew the needle and dispose of it safely into a sharps container.

Put the pen cap on after every injection.

When the pen is empty, dispose of it carefully without the needle attached.

- ! *Never put the inner needle cap back on once you have removed it from the needle. You may accidentally stick yourself with the needle.*
- ! *Always store the pen without the needle attached. This reduces the risk of contamination, infection, leakage of growth hormone, blocked needles and inaccurate dosing.*



### **Caring for your Norditropin® FlexPro® pen**

Treat your Norditropin® FlexPro® pen with care:

- Do not drop the pen or knock it against hard surfaces. If you do drop it or suspect that there is something wrong with it, always screw on a new disposable needle and check the growth hormone flow before you inject.
- Do not try to refill your pen – it is pre-filled.
- Do not try to repair your pen or pull it apart.
- Do not expose your pen to dust, dirt, liquid or direct light.
- Do not try to wash, soak or lubricate your Norditropin® FlexPro®. If necessary, clean it with a mild detergent on a moistened cloth. Do not expose your pen to other liquids.
- Do not freeze your pen or store it close to any cooling element, e.g., in a refrigerator, store far away from the cooling elements.

- Store your pen as described under ‘Storage’.

**! *Important information***

- Always keep your pen and needles out of reach of others, especially children.
- **Never share** your pen or your needles with other people. It might lead to cross infection.
- Caregivers must **be very careful when handling used needles** - to reduce the risk of needle injury and cross infection.

- ! Pay special attention to these notes as they are important for safe use of the pen.