

NovoMix® 30 FlexPen®

Active ingredient(s): 30% soluble insulin aspart and 70% insulin aspart crystallised with protamine

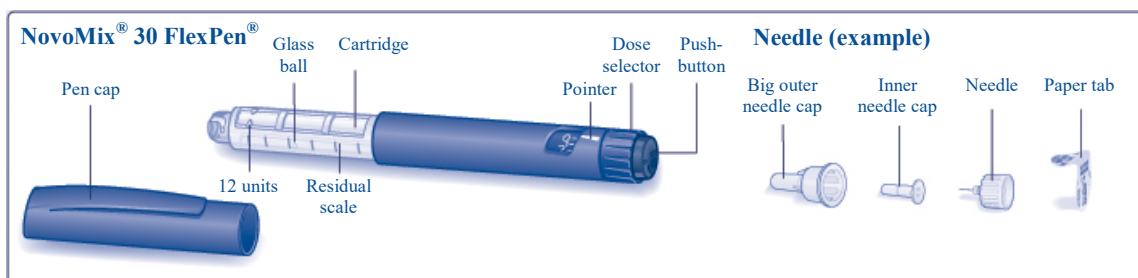
INSTRUCTIONS FOR USE

Introduction

Please read the following instructions carefully before using your NovoMix® 30 FlexPen®. If you do not follow the instructions carefully, you may get too little or too much insulin, which can lead to too high or too low blood sugar levels.

Your NovoMix® 30 FlexPen® is a prefilled, dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. FlexPen® is designed to be used with NovoFine® disposable needles up to a length of 8 mm.

As a precautionary measure, always carry a spare insulin delivery device in case your FlexPen® is lost or damaged.



Caring for your pen

Your FlexPen® must be handled with care. If it is dropped, damaged or crushed, there is a risk of insulin leakage. This may cause inaccurate dosing, which can lead to too high or too low blood sugar levels.

You can clean the exterior of your FlexPen® by wiping it with a medicinal swab. Do not soak, wash or lubricate it as this may damage the pen.

Do not refill your FlexPen®.

Preparing your NovoMix® 30 FlexPen®

A

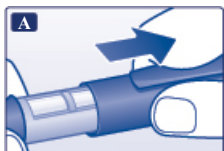
Check the name and coloured label of your pen to make sure that it contains the correct type of insulin. This is especially important if you take more than one type of insulin. If you inject the wrong type of insulin your blood sugar level may get too high or too low.

Every time you use a new pen:

Let the insulin reach room temperature before you use it.

This makes it easier to resuspend.

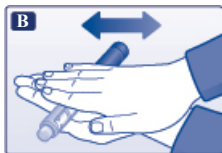
Pull off the pen cap (see A).



B

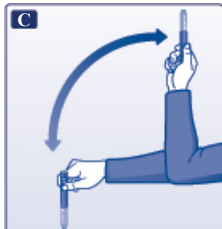
Before your first injection with a new FlexPen®, you must resuspend the insulin:

Roll the pen between your palms 10 times – it is important that the pen is kept horizontal.



C

Then move the pen up and down 10 times between the two positions as shown, so the glass ball moves from one end of the cartridge to the other.



Repeat rolling and moving the pen until the liquid appears uniformly white and cloudy (resuspended).

For every subsequent injection:

Move the pen up and down between the two positions - as shown in Figure C - at least 10 times until the liquid appears uniformly white and cloudy. If the resuspension procedure alone is not enough to give a uniformly white and cloudy liquid, repeat the rolling and moving procedures (see B and C) until the liquid does appear uniformly white and cloudy.

Always make sure that you have resuspended the insulin prior to each injection. This reduces the risk of too high or too low blood sugar levels occurring. After you have resuspended the insulin, complete all the following steps of injection without delay.

- ⚠ Always check there are at least 12 units of insulin left in the cartridge to allow resuspension. If there are fewer than 12 units left, use a new FlexPen®.

Attaching a needle

D

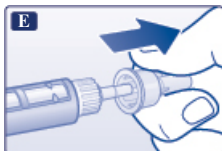
Remove the paper tab from a new disposable needle.



Screw the needle straight and tightly onto your FlexPen®.

E

Pull off the big outer needle cap and keep it for later.



F

Pull off the inner needle cap and dispose of it.

Never try to put the inner needle cap back on the needle. You may stick yourself with the needle.



- ⚠ Always use a new needle for each injection. This reduces the risk of contamination, infection, leakage of insulin, blocked needles and inaccurate dosing.

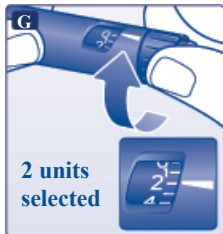
⚠ Be careful not to bend or damage the needle before use.

Checking the insulin flow

Prior to each injection, small amounts of air may collect in the cartridge during normal use. To avoid injection of air and ensure proper dosing:

G

Turn the dose selector to select 2 units.



H

Hold your FlexPen® with the needle pointing upwards and tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge.



I

Keeping the needle upwards, press the push-button all the way in. The dose selector returns to 0.

A drop of insulin should appear at the needle tip. If not, change the needle and repeat the procedure no more than 6 times.

If a drop of insulin still does not appear, the pen is defective, and you must use a new one.



- ⚠ Always make sure that a drop appears at the needle tip before you inject. This makes sure that the insulin flows. If no drop appears you will not inject any insulin, even though the dose selector may move. This may indicate a blocked or damaged needle.
- ⚠ Always check the flow before you inject. If you do not check the flow, you may get too little insulin or no insulin at all. This may lead to too high blood sugar levels.

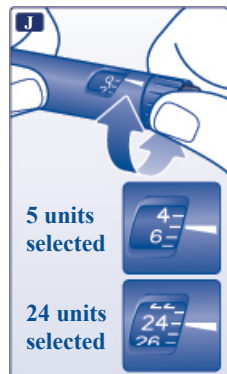
Selecting your dose

Check that the dose selector is set at 0.

J

Turn the dose selector to select the number of units you need to inject. The dose can be corrected either up or down by turning the dose selector in either direction until the correct dose lines up with the pointer. When turning the dose selector, be careful not to push the push-button as insulin will come out.

You cannot select a dose larger than the number of units left in the cartridge.



- ⚠ Always use the dose selector and the pointer to see how many units you have selected before injecting the insulin.
- ⚠ Do not count the pen clicks. If you select and inject the wrong dose, your blood sugar level may get too high or too low. Do not use the residual scale, it only shows approximately how much insulin is left in your pen.

Making the injection

Insert the needle into your skin. Use the injection technique shown by your doctor or diabetes education nurse.

K

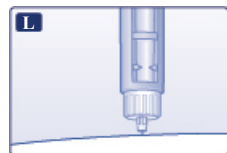
Inject the dose by pressing the push-button all the way in until 0 lines up with the pointer. Be careful only to push the push-button when injecting. Turning the dose selector will not inject insulin.



L

Keep the push-button fully depressed and let the needle remain under the skin for at least 6 seconds. This will make sure you get the full dose. Withdraw the needle from the skin, then release the pressure on the push-button.

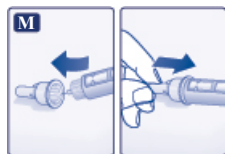
Always make sure that the dose selector returns to 0 after the injection. If the dose selector stops before it returns to 0, the full dose has not been delivered, which may result in too high blood sugar levels.



M

Guide the needle into the big outer needle cap without touching it, as shown. When the needle is covered, carefully push the big outer needle cap completely on and then unscrew the needle.

Dispose of it carefully and put the pen cap back on.



⚠ Always remove the needle after each injection and store your FlexPen® without the needle attached. This reduces the risk of contamination, infection, leakage of insulin, blocked needles and inaccurate dosing.

Further important information

- ⚠ Caregivers must be very careful when handling used needles to reduce the risk of needle sticks and cross-infection.
- ⚠ Dispose of your used FlexPen® carefully without the needle attached.
- ⚠ Never share your FlexPen® or needles with other people. It might lead to cross-infection.
- ⚠ Never share your pen with other people. Your medicine might be harmful to their health.
- ⚠ Always keep your pen and needles out of sight and reach of others, especially children.