

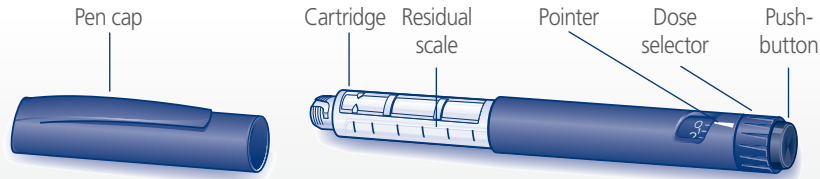
How to use FlexPen®



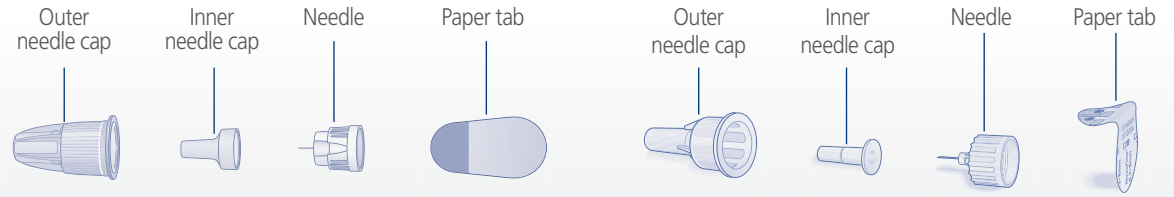
NovoFine® Plus 4mm 32G
0.23/0.25 X 4mm

NovoFine® 6mm 32G Tip (0.23/0.25 x 6mm)
NovoFine® 8mm 30G (0.3 x 8mm)

FlexPen®

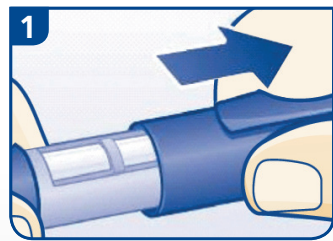


- Pen image shown above is for solution insulin.
- Suspension (cloudy) insulin contains a glass ball inside the cartridge.



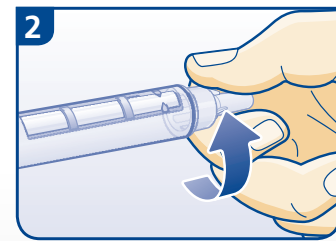
- FlexPen® is designed for use with NovoFine® needles.

Preparing for injection

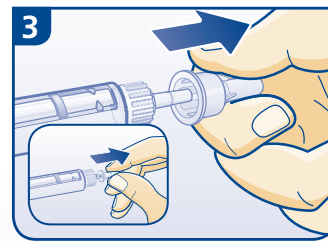


Check the label to make sure that your FlexPen® contains the correct type of insulin.
Pull off the pen cap.
If you are using a cloudy insulin mix it before use (instructions overleaf).

Attaching a NovoFine® needle

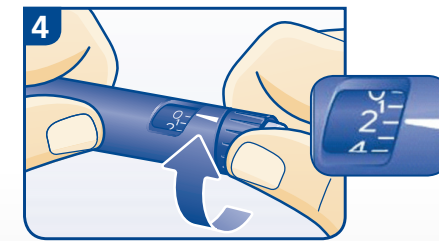


Remove paper tab from a NovoFine® needle. Attach needle on to FlexPen® so that it is straight and secure.

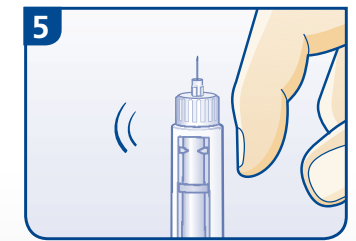


Pull off the outer needle cap. Keep it to remove the needle from the pen after injection.
Pull off the inner needle cap and dispose of it.

Checking the insulin flow (Priming)

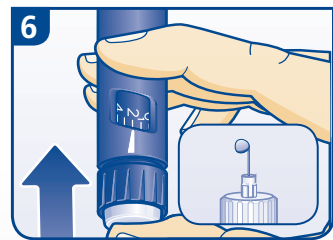


Turn the dose selector to 2 units.



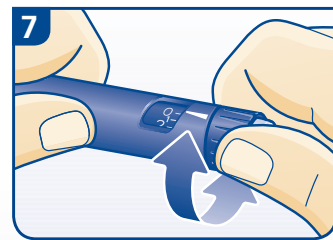
Hold your FlexPen® with the NovoFine® needle pointing upwards. Tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge.

Priming (cont.)



Keep the NovoFine® needle upwards and press the push-button all the way in. The dose selector should return to 0.
A drop of insulin should appear at the needle tip. If not, change the NovoFine® needle and repeat the procedure no more than 6 times. If a drop still does not appear, you must use a new FlexPen®.

Setting the dose



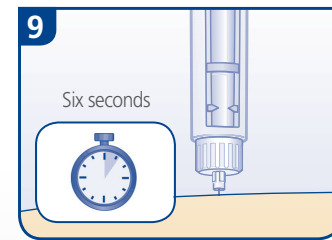
Turn the dose selector to select the number of units you need to inject. The dose can be corrected by turning the dose selector in either direction until the correct dose lines up with the white pointer.

Note: When turning the dose selector, be careful not to push the push-button as insulin will come out.

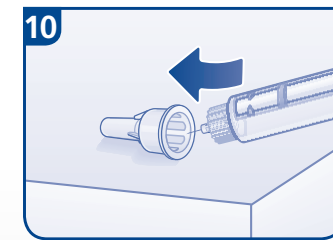
Administering the injection



Push the needle into the skin, then press the dose button until you feel or hear a click and the dose indicator lines up with 0.
Only push the push-button when injecting and not before.



Keep the push-button fully pushed in after the injection.
Leave the needle under the skin for 6 seconds and then remove it.



To remove the NovoFine® needle simply guide the needle into the outer needle cap. When the needle is covered, carefully push the outer needle cap completely on and unscrew the needle. Dispose of the NovoFine® needle carefully into a sharps container and put the pen cap back on.

Remember
Always
use a new
NovoFine®
needle every time you inject

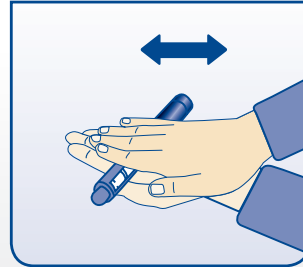
Use the injection technique shown to you by your Healthcare Professional.



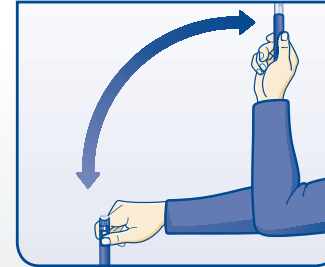
How to use FlexPen®

When using NovoMix® 30 FlexPen®

Let the insulin reach room temperature before you use it. This makes it easier to resuspend.



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



Move the pen up and down 10 times between the 2 positions as shown (this should move the glass ball from one end to the other). Continue rolling and moving until the liquid appears white and cloudy (resuspended).

Note: 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 NovoMix® 30 FlexPen®.

Function Check

- 1 Screw on a new NovoFine® needle.
- 2 Prime FlexPen®.
- 3 Dial 20 units and put the big outer needle cap onto the NovoFine® needle.
- 4 Dispense 20 units into the needle cap holding the pen with the needle pointing downwards.
- 5 The solution will fill the lower part of the cap.



20 Units

Maintenance

- Your FlexPen® is designed to work with NovoFine® needles.
- Your FlexPen® is designed to work accurately and safely. It must be handled with care.
- If it is dropped, damaged or crushed, there is a risk of insulin leakage.
- Do not soak, wash or lubricate it as this may damage the pen.
- Do not refill your FlexPen®.
- Do not share your FlexPen® with anyone else.
- Always remove the NovoFine® needle after each injection and store FlexPen® without the needle attached.

Patients registered with the National Diabetes Services Scheme (NDSS) are entitled to 1,200 needles every 180 day period free of charge with or without scripts, from NDSS pharmacies.

You have been prescribed: (to be completed by Healthcare Professional)



NovoFine® Plus 4mm 32G
0.23/0.25 x 4mm



novofine® 6mm 32G Tip
0.23/0.25 x 6mm



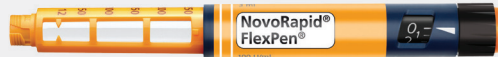
novofine® 8mm 30G
0.3 x 8mm



NovoMix® 30 FlexPen®
insulin aspart (rys)



Levemir® FlexPen®
insulin detemir (rys)



NovoRapid® FlexPen®
insulin aspart (rys)

Please see your Healthcare Professional for any further information about your diabetes treatment.

This sheet is intended as a quick guide only and does not replace FlexPen® user manual or the Consumer Medicine Information (CMI) enclosed in your prescribed insulin pack. FlexPen® user manual can be found inside every new pack of FlexPen®. The CMI and user manual should be read carefully before use. For distribution by Healthcare Professionals.

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