

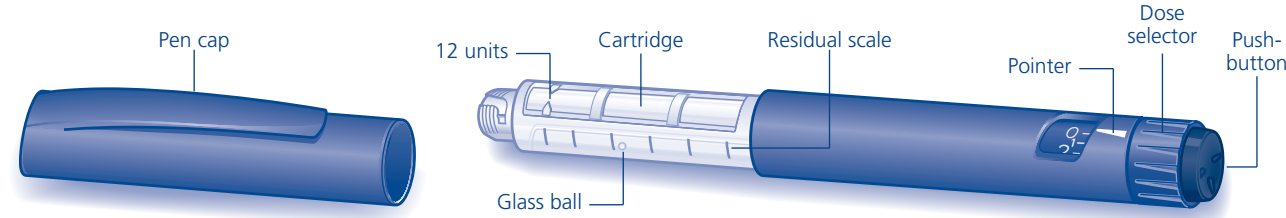


**NovoMix® 30 suspension for injection in a pre-filled pen. FlexPen® INSTRUCTIONS FOR USE FOR THE PATIENT**

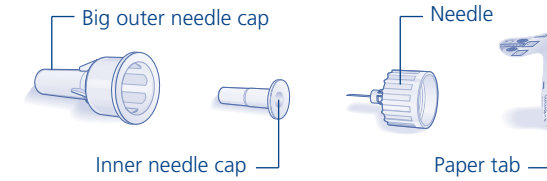
**Please read the following instructions carefully before using your NovoMix® 30 FlexPen®.**

Your FlexPen® is a unique 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® or NovoTwist® 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.

**NovoMix® 30 FlexPen®**



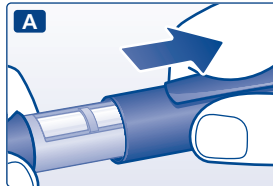
**Needle (example)**



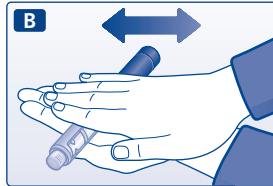
**Preparing your NovoMix® 30 FlexPen®**

**Check the label to make sure that your FlexPen® contains the correct type of insulin. Before your first injection with a new FlexPen®, you must resuspend the insulin:**

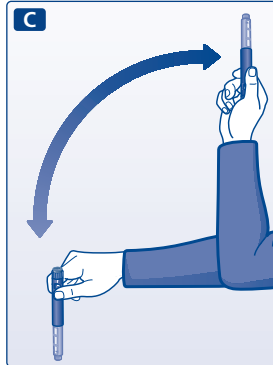
**A** Let the insulin reach room temperature before you use it. This makes it easier to resuspend. Pull off the pen cap.



**B** 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 does appear uniformly white and cloudy.

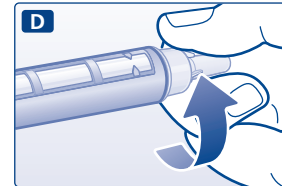
**For every following injection** move the pen up and down between the two positions at least 10 times until the liquid does appear uniformly white and cloudy.

After you have resuspended the insulin, complete all the following steps of injection without delay.

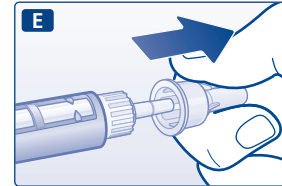
⚠ Always check there are at least 12 units of insulin left in the cartridge to allow resuspension. If there are less than 12 units left, use a new FlexPen®.

**Attaching a needle**

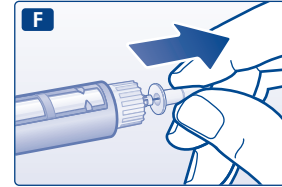
**D** Remove the paper tab from a new disposable needle. Screw the needle straight and tightly onto your FlexPen®.



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



**F** Pull off the inner needle cap and dispose of it.



⚠ Always use a new needle for each injection to prevent contamination.  
 ⚠ Be careful not to bend or damage the needle before use.  
 ⚠ To reduce the risk of unexpected needle sticks, never put the inner needle cap back on when you have removed it from the needle.

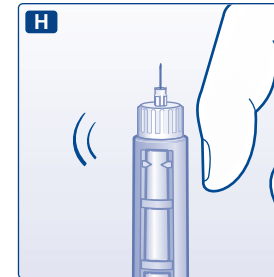
**Checking the insulin flow**

**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.



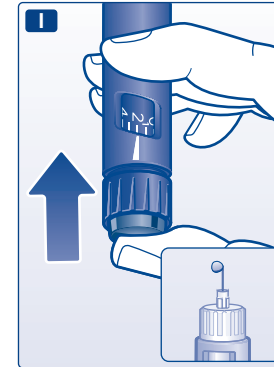
**H** Hold your FlexPen® with the needle pointing upwards and tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge.



**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 use a new needle for each injection to prevent contamination.

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

⚠ To reduce the risk of unexpected needle sticks, never put the inner needle cap back on when you have removed it from the needle.

**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.

⚠ Do not use the residual scale to measure your dose of insulin.

**Maintenance**

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.

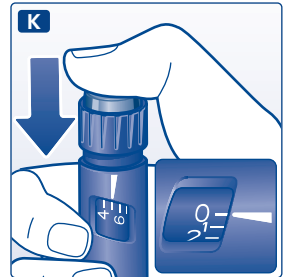
You can clean the exterior of your FlexPen® by wiping it with a medicinal swab. Do not soak, wash or lubricate it as it may damage the pen.

Do not refill your FlexPen®.

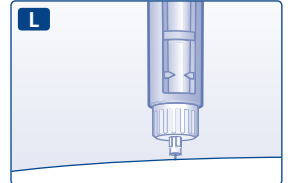
**Making the injection**

**Insert the needle into your skin. Use the injection technique shown by your doctor or 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.

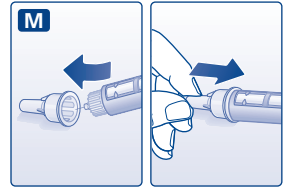


**L** Keep the push-button fully depressed and let the needle remain under the skin for at least 6 seconds. This will make sure you get the full dose.



Withdraw the needle from the skin, then release the pressure on the push-button.

**M** Lead the needle into the big outer needle cap without touching it. 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. Otherwise the liquid may leak out which can cause inaccurate dosing.

⚠ Caregivers should be most careful when handling used needles to avoid needle sticks.

⚠ Dispose of the used FlexPen® carefully without the needle attached.

⚠ Needles and NovoMix® 30 FlexPen® must not be shared.