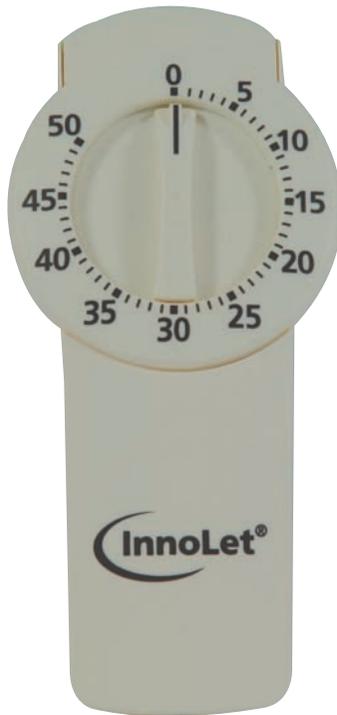


InnoLet® user guide



Preparing for injection

1. Suspend the insulin in the device reservoir.
2. Turn the device carefully up and down so that the glass ball moves from one end to the other.
3. Repeat this movement at least 10 times.



Attaching the needle

1. Take off the **InnoLet**[®] protective cap.
2. Remove the protective tab from a **NovoFine**[®] needle and screw the needle tightly onto **InnoLet**[®].
3. Pull off the outer and inner needle caps.



Priming InnoLet®

Why

1. Small amounts of air may collect in the needle and insulin reservoir during normal use.

To avoid injecting air, prime your **InnoLet®** before each injection.

2. Dial 2 units by turning the dose selector clockwise.
3. Hold **InnoLet®** with the needle upwards and gently tap the reservoir with your finger a few times to make any air bubbles collect at the top of the reservoir.
4. Keeping **InnoLet®** with the needle upwards, press the push button (the dose selector automatically returns to zero).
5. A drop of insulin should appear at the needle tip.
6. If not, repeat the procedure up to a maximum of six times. If a drop still does not appear, the device must not be used. Use another **InnoLet®**.



NB. Some air may remain in the reservoir after the priming but it will not be injected.

Setting your insulin dose

1. Always check that the push button is fully depressed and the dose selector is set to zero.
2. Dial the number of insulin units required by turning the dose selector clockwise.
3. An audible click is made for every single unit dialled.
4. The dose can be corrected both upwards and downwards.
5. It is not possible to select a dose larger than the number of units of insulin remaining in the reservoir.



NB. There must be at least 12 units left in the reservoir at any time. If there are less than 12 units left **InnoLet®** should not be used.

Making the injection

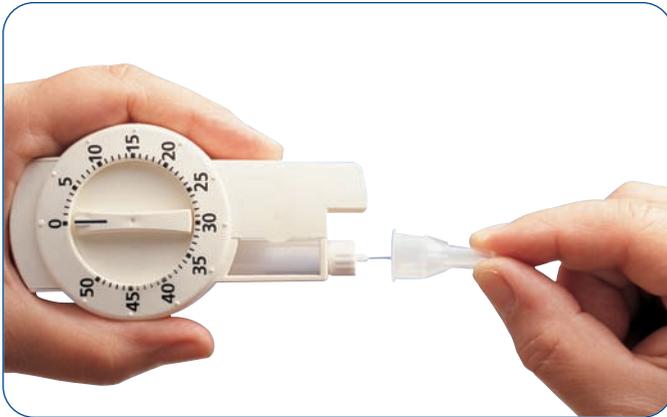
Your doctor or nurse will discuss injection sites and techniques with you.

1. To inject, press the push button completely in.
2. Audible clicks will be heard as the dose selector automatically returns to zero.
3. The needle should be left under the skin for at least six seconds to ensure that the full dose is delivered.
4. Make sure not to block the dose selector while injecting, as the dose selector must be allowed to return to zero when the push button is depressed.
5. Remove the needle after each injection.



Removing the needle

1. Put the outer needle cap on and unscrew the needle.
2. Discard the used needle carefully in a plastic sharps container.
3. Use a new needle for each injection.



If you need any further advice on InnoLet®, contact your diabetes clinic or the Customer Care Centre. They will be happy to help you.

Function check

If you suspect that **InnoLet**[®] is not working properly, follow this procedure:

1. Screw on a new **NovoFine**[®] needle.
2. Prime **InnoLet**[®] as described before.
3. Put the outer needle cap onto the needle.
4. Dispense 20 units into the needle cap. The insulin will fill the lower part of the cap.
5. If **InnoLet**[®] has released too much or too little insulin, repeat the test.
6. If it happens again, dispose of the **InnoLet**[®] device without the needle attached.
7. Use a new **InnoLet**[®] device to inject your insulin.

Maintenance

- Always handle **InnoLet**[®] with care
- **InnoLet**[®] can be cleaned by wiping with cotton wool moistened with alcohol
- Do not soak **InnoLet**[®] in alcohol, or wash, or lubricate it – these procedures can damage the mechanism

Novo Nordisk Customer Care

0845 600 5055

Calls charged at local rate.
Calls may be recorded for training purposes.
(Office hours 8.30am - 5.30pm)



For more information on diabetes visit our website
where Novo Nordisk booklets are available
in a downloadable format:

www.changingdiabetes.co.uk

DAWN

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Date of Preparation: April 2006

INS/572/0406

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