

FlexPen[®]



Lets people get on with their lives



STEP-BY-STEP USER GUIDE

This booklet is intended as a guide.

Always read the full instructions supplied
with your FlexPen

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WHAT IS FLEXPEN?

- ▶▶ FlexPen is a prefilled injection device for insulin
- ▶▶ FlexPen is designed to help people with diabetes successfully start and confidently manage their insulin therapy
- ▶▶ FlexPen is designed to be used with NovoFine® short-cap 6mm and 8mm needles
- ▶▶ FlexPen and NovoFine are supplied by Novo Nordisk Limited and are available on prescription
- ▶▶ FlexPen is easy to use. This guide will help show you how



- **Cap** – protects FlexPen when not in use
- **Residual scale window** – displays the amount of insulin you have left
- **12 unit mark** – if less than 12 units remain, discard FlexPen
- **Dosage indicator window** – 1 unit increments up to a maximum 60 units per injection
- **Dose selector** – returns to zero after injection is complete
- **Push button** – press button to deliver dose



— **Outer needle cap** – used to unscrew needle from FlexPen after injection



— **Inner needle cap** – for extra safety



— **Needle** – NovoFine 6mm or 8mm, designed for FlexPen



— **Protective tab** – needle size is printed on tab

TYPES OF INSULIN

- ▶▶ FlexPen is available with three different types of insulin
- ▶▶ FlexPen is coloured differently depending upon which type of insulin it contains



NovoMix 30® FlexPen®



Insulatard FlexPen®



NovoRapid® FlexPen®

- ▶▶ Your Doctor or Diabetes Specialist Nurse will advise you which is the best type of insulin for you

PREPARING FLEXPEN

If you are using an insulin suspension (NovoMix® 30 FlexPen® or Insulatard FlexPen®) you must resuspend it before use.

(It is not necessary to resuspend NovoRapid FlexPen)

- A** Before using NovoMix® 30 Flexpen® or Insulatard FlexPen® for the first time.

It is important to ensure the insulin is fully mixed:

- 1 Take off the cap from your FlexPen
- 2 Roll FlexPen between your palms 10 times



Turn the pen up and down 10 times from one end to the other

- 4 Repeat steps 2 and 3 at least once more until the liquid appears uniformly white and cloudy. The insulin is now ready to be injected immediately

PREPARING FOR INJECTION

- B** Before each injection of NovoMix® 30 FlexPen® or Insulatard FlexPen®: repeat step 3 until the liquid appears uniformly white and cloudy

To ensure even mixing of your insulin suspension there must be at least 12 units of insulin left in the reservoir. If there are less than 12 units left, do not use FlexPen

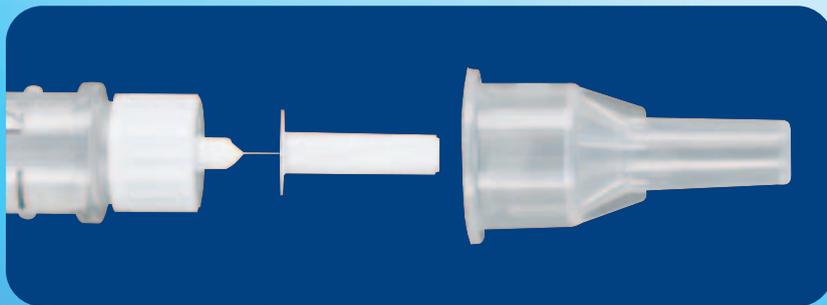
PREPARING FOR INJECTION

Attach the needle

- 1 Remove the protective tab from a NovoFine short cap needle and screw the needle tightly onto FlexPen



- 2 Pull off the outer and inner needle caps. Do not discard the outer needle cap



PRIMING FLEXPEN

Why is priming necessary?

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

To avoid injecting air, prime your FlexPen before each injection.

- 1 Dial two units



- 2 Hold FlexPen with the needle pointing upwards and tap the reservoir gently with the finger a few times



3 Still holding FlexPen with the needle upwards, press the push button all the way in. A drop of insulin should appear at the needle tip. If not, repeat stages 1-3

- 4 If there is still no drop after six repeats, your FlexPen is faulty and should not be used. Discard it and use another FlexPen

SETTING YOUR INSULIN DOSE

- 1 Always check that the dose selector has returned to zero after priming



- 2 Dial the number of insulin units required. The dose can be corrected up or down by turning the dose selector in either direction
- 3 Be careful not to press the push button as you dial, or insulin will come out
- 4 It is not possible to select a dose larger than the number of units remaining in the reservoir
- 5 If your FlexPen contains an insulin suspension and there are less than 12 units remaining (visible through the residual scale window) discard the used FlexPen and use a new FlexPen for your next injection

MAKING THE INJECTION

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

- 1 To deliver a dose, press the push button all the way in



- 2 Note that the dose selector has returned to zero
- 3 The needle should be kept under the skin for at least six seconds

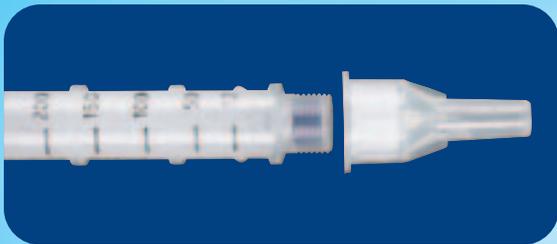


- 4 Keep the push button depressed until the needle is withdrawn – this will ensure that the full dose has been delivered

REMOVING THE NEEDLE

It is important that a new needle is used for each injection.

- ❶ Put the outer needle cap on and unscrew the needle
- ❷ Discard the used needle carefully in a plastic sharps container



FUNCTION CHECK

If you think that your FlexPen is not working properly, follow this procedure:

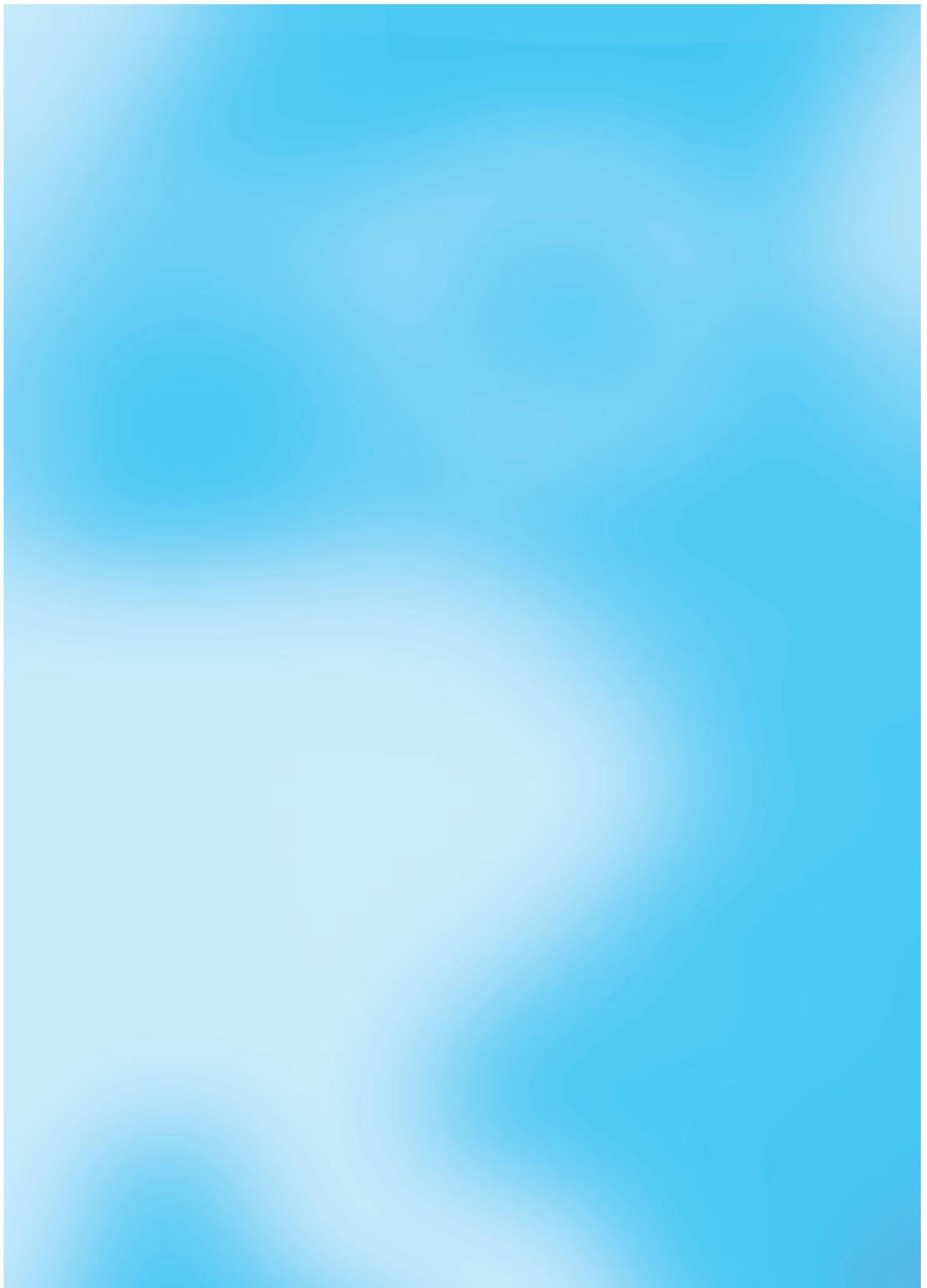
- 1 Screw on a new NovoFine needle
- 2 Prime the FlexPen as described before
- 3 Put the outer cap onto the needle
- 4 Dispense 20 units into the outer needle cap, holding the pen with the needle pointing downwards. The insulin should fill the lower part of the cap
- 5 If the FlexPen has released too much or too little insulin, repeat the test
- 6 If it happens again, discard the used FlexPen. Dispose of the needle as described before
- 7 Prepare, prime and use a new FlexPen to inject your insulin



20 units

MAINTENANCE

- ① Always handle your FlexPen with care
- ② Clean your FlexPen by wiping with cotton wool moistened with alcohol
- ③ Do not soak it in alcohol or wash or lubricate it – these procedures can damage the mechanism



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If you have any questions on information contained in this booklet, please ring:

Novo Nordisk Customer Care Centre

0845 6005055

Calls charged at local rate and may be recorded for training purposes

Alternatively, you may like to visit our website where all Novo Nordisk Customer Care booklets and information are available in a downloadable format:

www.novonordisk.co.uk

This booklet was provided as a service to patients by Novo Nordisk Limited, Broadfield Park, Brighton Road, Crawley, West Sussex RH11 9RT.

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