

Patient Instructions for Use

NovoLog[®] Mix 70/30 FlexPen[®]

Read the following instructions carefully before you start using your NovoLog[®] Mix 70/30 FlexPen[®] and each time you get a refill. There may be new information. You should read the instructions even if you have used NovoLog[®] Mix 70/30 FlexPen[®] before.

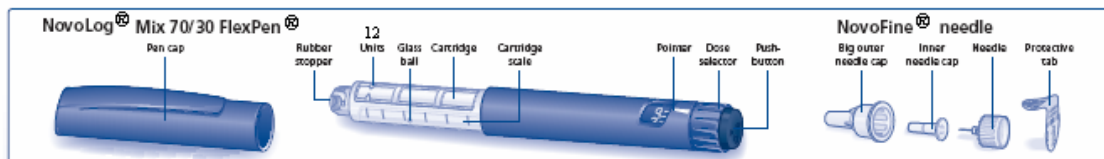
NovoLog[®] Mix 70/30 FlexPen[®] is a disposable dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. NovoLog[®] Mix 70/30 FlexPen[®] is designed to be used with NovoFine[®] needles.

NovoLog Mix[®] 70/30 FlexPen[®] should not be used by people who are blind or have severe visual problems without the help of a person who has good eyesight and who is trained to use the NovoLog[®] Mix 70/30 FlexPen[®] the right way.

Getting ready

Make sure you have the following items:

- NovoLog[®] Mix 70/30 FlexPen[®]
- New NovoFine[®] needle
- Alcohol swab



PREPARING YOUR NOVOLOG[®] MIX 70/30 FLEXPEN[®]

- Wash your hands with soap and water.
- Before you start to prepare your injection, check the label to make sure that you are taking the right type of insulin. This is especially important if you take more than 1 type of insulin. NovoLog[®] Mix 70/30 should look cloudy after mixing.

Before your first injection with a new NovoLog[®] Mix 70/30 FlexPen[®] you must mix the insulin:

- A. Let the insulin reach room temperature before you use it.
This makes it easier to mix.

Pull off the pen cap (see diagram A).

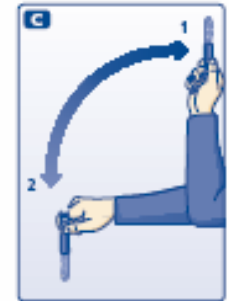


- B. Roll the pen between your palms 10 times – it is important that the pen is kept horizontal (see diagram B).



C. Then gently move the pen up and down ten times between position **1** and **2** as shown, so the glass ball moves from one end of the cartridge to the other (see diagram C).

Repeat rolling and moving the pen until the liquid appears white and cloudy.



For every following injection move the pen up and down between positions 1 and 2 at least ten times until the liquid appears white and cloudy.

After mixing, complete all the following steps of the injection right away. If there is a delay, the insulin will need to be mixed again.

Wipe the rubber stopper with an alcohol swab.

⚠ Before you inject, there must be at least 12 units of insulin left in the cartridge to make sure the remaining insulin is evenly mixed. If there are less than 12 units left, use a new NovoLog[®] Mix 70/30 FlexPen[®].

Attaching the needle

D. Remove the protective tab from a disposable needle.

Screw the needle tightly onto your NovoLog[®] Mix 70/30 FlexPen[®]. It is important that the needle is put on straight (see diagram D).



Never place a disposable needle on your NovoLog[®] Mix 70/30 FlexPen[®] until you are ready to take your injection.

E. Pull off the big outer needle cap (see diagram E).



F. Pull off the inner needle cap and dispose of it (see diagram F).



- ⚠ Always use a new needle for each injection to help ensure sterility and prevent blocked needles.
- ⚠ Be careful not to bend or damage the needle before use.
- ⚠ To reduce the risk of a needle stick, **never put the inner needle cap back on the needle.**

Giving the airshot before each injection:

Before each injection small amounts of air may collect in the cartridge during normal use. **To avoid injecting air and to make sure you take the right dose of insulin:**

- G. Turn the dose selector to select 2 units (see diagram G).



- H. Hold your NovoLog[®] Mix 70/30 FlexPen[®] with the needle pointing up. Tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge (see diagram H).



- I. Keep the needle pointing upwards, press the push-button all the way in (see diagram I). 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 you do not see a drop of insulin after 6 times, do not use the NovoLog Mix[®] 70/30 FlexPen[®] and contact Novo Nordisk at 1-800-727-6500.

A small air bubble may remain at the needle tip, but it will not be injected.

SELECTING YOUR DOSE

Check and make sure that the dose selector is set at 0.

- J. Turn the dose selector to the number of units you need to inject. The pointer should line up with your dose.

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 (see diagram J). When turning the dose selector, be careful not to press the push-button as insulin will come out.

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

You will hear a click for every single unit dialed. Do not set the dose by counting the number of clicks you hear.

- ⚠ Do not use the cartridge scale printed on the cartridge to measure your dose of insulin.



GIVING THE INJECTION

Do the injection exactly as shown to you by your healthcare provider. Your healthcare provider should tell you if you need to pinch the skin before injecting. Wipe the skin with an alcohol swab and let the area dry.

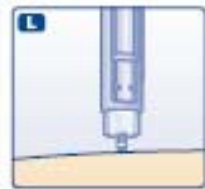
- K. Insert the needle into your skin.

Inject the dose by pressing the push-button all the way in until the 0 lines up with the pointer (see diagram K). Be careful only to push the button when injecting.



Turning the dose selector will not inject insulin.

- L. Keep the needle in the skin for at least 6 seconds, and keep the push-button pressed all the way in until the needle has been pulled out from the skin (see diagram L). This will make sure that the full dose has been given.



You may see a drop of NovoLog[®] Mix 70/30 at the needle tip. This is normal and has no effect on the dose you just received. If blood appears after you take the needle out of your skin, press the injection site lightly with an alcohol swab. **Do not rub the area.**

After the injection

Do not recap the needle. Recapping can lead to a needle stick injury. Remove the needle from the NovoLog[®] Mix 70/30 FlexPen[®] after each injection. This helps to prevent infection, leakage of insulin, and will help to make sure you inject the right dose of insulin.

- ⚠ Put the needle and any empty NovoLog[®] Mix 70/30 FlexPen[®] or any used NovoLog[®] Mix 70/30 FlexPen[®] still containing insulin in a sharps container or some type of hard plastic or metal container with a screw top such as a detergent bottle or empty coffee can. These containers should be sealed and thrown away the right way. Check with your healthcare provider about the right way to throw away used syringes and needles. There may be local or state laws about how to throw away used needles and syringes. Do not throw away used needles and syringes in household trash or recycling bins.

The NovoLog[®] Mix 70/30 FlexPen[®] prevents the cartridge from being completely emptied. It is designed to deliver 300 units.

- M. Put the pen cap on the NovoLog[®] Mix 70/30 FlexPen[®] and store the NovoLog[®] Mix 70/30 FlexPen[®] without the needle attached (see diagram M).



FUNCTION CHECK

If your NovoLog[®] Mix 70/30 FlexPen[®] is not working the right way, follow the steps below:

- Screw on a new NovoFine[®] needle
- Remove the big outer needle cap and the inner needle cap
- Do an airshot as described in "Giving the airshot before each injection".
- Put the big outer needle cap onto the needle. Do not put on the inner needle cap.
- Turn the dose selector so the dose indicator window shows 20 units.
- Hold the NovoLog[®] Mix 70/30 FlexPen[®] so the needle is pointing down
- Press the push-button all the way in.



The insulin should fill the lower part of the big outer needle cap (see diagram N). If NovoLog[®] Mix 70/30 FlexPen[®] has released too much or too little insulin, do the function check again. If the same problem happens again, do not use your NovoLog[®] Mix 70/30 FlexPen[®] and contact Novo Nordisk at 1-800-727-6500.

Maintenance

Your NovoLog® Mix 70/30 FlexPen® is designed to work accurately and safely. It must be handled with care. Avoid dropping your NovoLog® Mix 70/30 FlexPen® as it may damage it. If you are concerned that your NovoLog® Mix 70/30 FlexPen® is damaged, use a new one. You can clean the outside of your NovoLog® Mix 70/30 FlexPen® by wiping it with a damp cloth. Do not soak or wash your NovoLog® Mix 70/30 FlexPen® as it may damage it. Do not refill your NovoLog® Mix 70/30 FlexPen®.

- ▲ Remove the needle from the NovoLog® Mix 70/30 FlexPen® after each injection. This helps to ensure sterility, prevent leakage of insulin, and will help to make sure you inject the right dose of insulin for future injections.
- ▲ Be careful when handling used needles to avoid needle sticks and transfer of infectious diseases.
- ▲ Keep your NovoLog® Mix 70/30 FlexPen® and needles out of the reach of children.
- ▲ Use NovoLog® Mix 70/30 FlexPen® as directed to treat your diabetes. Needles and NovoLog® Mix 70/30 FlexPen® must not be shared.
- ▲ Always use a new needle for each injection.
- ▲ Novo Nordisk is not responsible for harm due to using this insulin pen with products not recommended by Novo Nordisk.
- ▲ As a precautionary measure, always carry a spare insulin delivery device in case your NovoLog® Mix 70/30 FlexPen® is lost or damaged.
- ▲ Remember to keep the disposable NovoLog® Mix 70/30 FlexPen® with you. Do not leave it in a car or other location where it can get too hot or too cold.

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NovoLog®, FlexPen®, NovoFine®, are trademarks of Novo Nordisk A/S.

NovoLog® is covered by US Patent Nos. 5,547,930, 5,618,913, 5,834,422, 5,840,680, 5,866,538 and other patents pending.

FlexPen® is covered by US Patent Nos. 6,582,404, 6,004,297, 6,235,004 and other patents pending.

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Manufactured by:
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DK-2880 Bagsvaerd, Denmark

For information about NovoLog Mix 70/30® contact:
Novo Nordisk Inc.
100 College Road West,
Princeton, New Jersey 08540

Introduction

Please read the following instructions carefully before using your Levemir® FlexPen®.

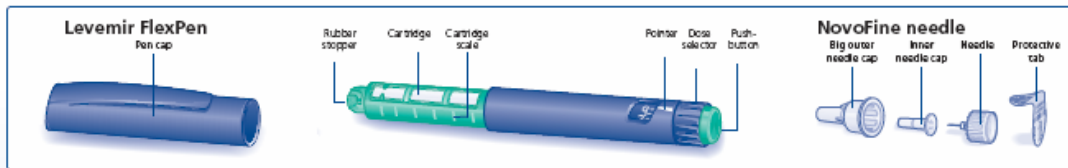
Levemir FlexPen is a disposable dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. Levemir FlexPen is designed to be used with NovoFine® needles.

⚠ Levemir FlexPen should not be used by people who are blind or have severe visual problems without the help of a person who has good eyesight and who is trained to use the Levemir FlexPen the right way.

Getting ready

Make sure you have the following items:

- Levemir FlexPen
- New NovoFine needle
- Alcohol swab



Preparing your Levemir FlexPen

Wash your hands with soap and water. Before you start to prepare your injection, check the label to make sure that you are taking the right type of insulin. This is especially important if you take more than 1 type of insulin. Levemir should look clear.

A. Pull off the pen cap (see diagram A).



Wipe the rubber stopper with an alcohol swab.

B. Attaching the needle

Remove the protective tab from a disposable needle



Screw the needle tightly onto your FlexPen. It is important that the needle is put on straight (see diagram B).

Never place a disposable needle on your Levemir FlexPen until you are ready to take your injection.

C. Pull off the big outer needle cap (see diagram C).



D. Pull off the inner needle cap and dispose of it (see diagram D).



- ⚠ Always use a new needle for each injection to help ensure sterility and prevent blocked needles.
- ⚠ 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 the needle.

Giving the airshot before each injection

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

E. Turn the dose selector to select 2 units (see diagram E).



F. Hold your Levemir FlexPen with the needle pointing up. Tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge (see diagram F).



G. Keep the needle pointing upwards, press the push-button all the way in (see diagram G). 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 you do not see a drop of insulin after 6 times, do not use the Levemir FlexPen and contact Novo Nordisk at 1-800-727-6500.

A small air bubble may remain at the needle tip, but it will not be injected.

Selecting your dose

Check and make sure that the dose selector is set at 0.

H. Turn the dose selector to the number of units you need to inject. The pointer should line up with your dose.

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 (see diagram H). When turning the dose selector, be careful not to press the push-button as insulin will come out.

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

You will hear a click for every single unit dialed. Do not set the dose by counting the number of clicks you hear.

⚠ Do not use the cartridge scale printed on the cartridge to measure your dose of insulin.



Giving the injection

Do the injection exactly as shown to you by your healthcare provider. Your healthcare provider should tell you if you need to pinch the skin before injecting.

I. Insert the needle into your skin.

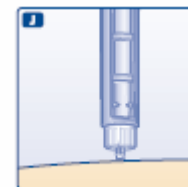
Inject the dose by pressing the push-button all the way in until the 0 lines up with the pointer (see diagram I). Be careful only to push the button when injecting.



Turning the dose selector will not inject insulin.

J. Keep the needle in the skin for at least 6 seconds, and keep the push-button pressed all the way in until the needle has been pulled out from the skin (see diagram J).

This will make sure that the full dose has been given. You may see a drop of Levemir at the needle tip. This is normal and has no effect on the dose you just received. If blood appears after you take the needle out of your skin, press the injection site lightly with a finger. **Do not rub the area.**



After the injection

Do not recap the needle. Recapping can lead to a needle stick injury. Remove the needle from the Levemir FlexPen after each injection. This helps to prevent infection, leakage of insulin, and will help to make sure you inject the right dose of insulin.

The Levemir FlexPen prevents the cartridge from being completely emptied. It is designed to deliver 300 units.

- ⚠ Put the needle and any empty Levemir FlexPen or any used Levemir FlexPen still containing insulin in a sharps container or some type of hard plastic or metal container with a screw top such as a detergent bottle or empty coffee can. These containers should be sealed and thrown away the right way. Check with your healthcare provider about the right way to throw away used syringes and needles. There may be local or state laws about how to throw away used needles and syringes. Do not throw away used needles and syringes in household trash or recycling bins.

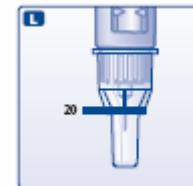
K. Put the pen cap on the Levemir FlexPen and store the Levemir FlexPen without the needle attached (see diagram K).



Function Check

If your Levemir FlexPen is not working the right way, follow the steps below:

- L.
 - Screw on a new NovoFine needle
 - Remove the big outer needle cap and the inner needle cap
 - Do an airshot as described in “Giving the airshot before each injection”.
 - Put the big outer needle cap onto the needle. Do not put on the inner needle cap.
 - Turn the dose selector so the dose indicator window shows 20 units.
 - Hold the Levemir FlexPen so the needle is pointing down
 - Press the push-button all the way in.



The insulin should fill the lower part of the big outer needle cap (see diagram L). If Levemir FlexPen has released too much or too little insulin, do the function check again. If the same problem happens again, do not use your Levemir FlexPen and contact Novo Nordisk at 1-800-727-6500.

Maintenance

Your FlexPen is designed to work accurately and safely. It must be handled with care. Avoid dropping your FlexPen as it may damage it. If you are concerned that your FlexPen is damaged, use a new one. You can clean the outside of your FlexPen by wiping it with a damp cloth. Do not soak or wash your FlexPen as it may damage it. Do not refill your FlexPen.

- ▲ Remove the needle from the Levemir FlexPen after each injection. This helps to ensure sterility, prevent leakage of insulin, and will help to make sure you inject the right dose of insulin for future injections.
- ▲ Be careful when handling used needles to avoid needle sticks and transfer of infectious diseases.
- ▲ Keep your Levemir FlexPen and needles out of the reach of children.
- ▲ Use Levemir FlexPen as directed to treat your diabetes. Needles and Levemir FlexPen must not be shared.
- ▲ Always use a new needle for each injection.
- ▲ Novo Nordisk is not responsible for harm due to using this insulin pen with products not recommended by Novo Nordisk.
- ▲ As a precautionary measure, always carry a spare insulin delivery device in case your Levemir FlexPen is lost or damaged.
- ▲ Remember to keep the disposable Levemir FlexPen with you. Do not leave it in a car or other location where it can get too hot or too cold.

Patient Instructions For Use NovoLog® FlexPen®

Introduction

Please read the following instructions carefully before using your NovoLog® FlexPen®.

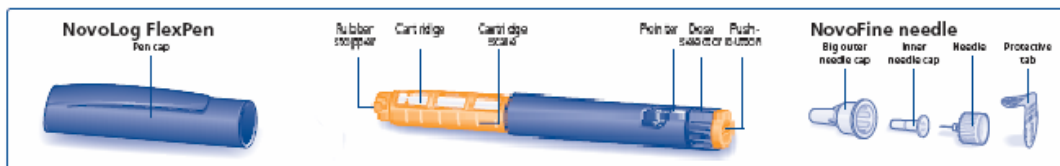
NovoLog FlexPen is a disposable dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. NovoLog FlexPen is designed to be used with NovoFine® needles.

⚠ NovoLog FlexPen should not be used by people who are blind or have severe visual problems without the help of a person who has good eyesight and who is trained to use the NovoLog FlexPen the right way.

Getting ready

Make sure you have the following items:

- NovoLog FlexPen
- New NovoFine needle
- Alcohol swab



Preparing Your NovoLog FlexPen

Wash your hands with soap and water. Before you start to prepare your injection, check the label to make sure that you are taking the right type of insulin. This is especially important if you take more than 1 type of insulin. NovoLog should look clear.

A. Pull off the pen cap (see diagram A).



Wipe the rubber stopper with an alcohol swab.

B. Attaching the needle

Remove the protective tab from a disposable needle.



Screw the needle tightly onto your FlexPen. It is important that the needle is put on straight (see diagram B).

Never place a disposable needle on your NovoLog FlexPen until you are ready to take your injection.

C. Pull off the big outer needle cap (see diagram C).



D. Pull off the inner needle cap and dispose of it (see diagram D).



- ⚠ Always use a new needle for each injection to help ensure sterility and prevent blocked needles.
- ⚠ 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 the needle.

Giving the airshot before each injection

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

E. Turn the dose selector to select 2 units (see diagram E).



F. Hold your NovoLog FlexPen with the needle pointing up. Tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge (see diagram F).



G. Keep the needle pointing upwards, press the push-button all the way in (see diagram G). 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 you do not see a drop of insulin after 6 times, do not use the NovoLog FlexPen and contact Novo Nordisk at 1-800-727-6500.

A small air bubble may remain at the needle tip, but it will not be injected.

Selecting your dose

Check and make sure that the dose selector is set at 0.

H. Turn the dose selector to the number of units you need to inject. The pointer should line up with your dose.

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 (see diagram H). When turning the dose selector, be careful not to press the push-button as insulin will come out.

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

You will hear a click for every single unit dialed. Do not set the dose by counting the number of clicks you hear.

⚠ Do not use the cartridge scale printed on the cartridge to measure your dose of insulin.



Giving the injection

Do the injection exactly as shown to you by your healthcare provider. Your healthcare provider should tell you if you need to pinch the skin before injecting.

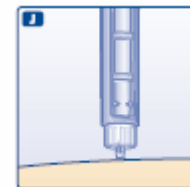
I. Insert the needle into your skin.

Inject the dose by pressing the push-button all the way in until the 0 lines up with the pointer (see diagram I). Be careful only to push the button when injecting.



Turning the dose selector will not inject insulin.

J. Keep the needle in the skin for at least 6 seconds, and keep the push-button pressed all the way in until the needle has been pulled out from the skin (see diagram J). This will make sure that the full dose has been given.



You may see a drop of NovoLog at the needle tip. This is normal and has no effect on the dose you just received. If blood appears after you take the needle out of your skin, press the injection site lightly with a finger. **Do not rub the area.**

After the injection

Do not recap the needle. Recapping can lead to a needle stick injury. Remove the needle from the NovoLog FlexPen after each injection. This helps to prevent infection, leakage of insulin, and will help to make sure you inject the right dose of insulin.

- ⚠ Put the needle and any empty NovoLog FlexPen or any used NovoLog FlexPen still containing insulin in a sharps container or some type of hard plastic or metal container with a screw top such as a detergent bottle or empty coffee can. These containers should be sealed and thrown away the right way. Check with your healthcare provider about the right way to throw away used syringes and needles. There may be local or state laws about how to throw away used needles and syringes. Do not throw away used needles and syringes in household trash or recycling bins.

The NovoLog FlexPen prevents the cartridge from being completely emptied. It is designed to deliver 300 units.

- K.** Put the pen cap on the NovoLog FlexPen and store the NovoLog FlexPen without the needle attached (see diagram K).



Function Check

- L.** If your NovoLog FlexPen is not working the right way, follow the steps below:
 - Screw on a new NovoFine needle.
 - Remove the big outer needle cap and the inner needle cap.
 - Do an airshot as described in “Giving the airshot before each injection”.
 - Put the big outer needle cap onto the needle. Do not put on the inner needle cap.
 - Turn the dose selector so the dose indicator window shows 20 units.
 - Hold the NovoLog FlexPen so the needle is pointing down.
 - Press the push-button all the way in.



The insulin should fill the lower part of the big outer needle cap (see diagram L). If the NovoLog FlexPen has released too much or too little insulin, do the function check again. If the same problem happens again, do not use your NovoLog FlexPen and contact Novo Nordisk at 1-800-727-6500.

Maintenance

Your FlexPen is designed to work accurately and safely. It must be handled with care. Avoid dropping your FlexPen as it may damage it. If you are concerned that your FlexPen is damaged, use a new one. You can clean the outside of your FlexPen by wiping it with a damp cloth. Do not soak or wash your FlexPen as it may damage it. Do not refill your FlexPen.

- ⚠ Remove the needle from the NovoLog FlexPen after each injection. This helps to ensure sterility, prevent leakage of insulin, and will help to make sure you inject the right dose of insulin for future injections.

- ⚠ Be careful when handling used needles to avoid needle sticks and transfer of infectious diseases.
- ⚠ Keep your NovoLog FlexPen and needles out of the reach of children.
- ⚠ Use NovoLog FlexPen as directed to treat your diabetes.
- ⚠ Needles and NovoLog FlexPen must not be shared. Always use a new needle for each injection.
- ⚠ Novo Nordisk is not responsible for harm due to using this insulin pen with products not recommended by Novo Nordisk.
- ⚠ As a precautionary measure, always carry a spare insulin delivery device in case your NovoLog FlexPen is lost or damaged.
- ⚠ Remember to keep the disposable NovoLog FlexPen with you. Do not leave it in a car or other location where it can get too hot or too cold.