



Facts about Fiasp[®]

*A guide for adults,
adolescents and children
aged 1 year and above
who have been
prescribed Fiasp[®]*



This booklet does not replace the advice of your healthcare professional. If you have questions or concerns, be sure to contact your healthcare professional. Please see patient information leaflet for additional information.

Fiasp[®] ▼
fast-acting insulin aspart

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About Fiasp®






Fiasp® is a mealtime (rapid-acting) insulin, also known as a “bolus” insulin, that helps to control blood glucose after meals. The increase in blood glucose with meals affects your overall diabetes results, which is why it is important to keep it under control. This booklet contains information about Fiasp® and how it can help you manage your diabetes.



***Please talk to your
healthcare professional if
you have any questions.***

Making healthy choices can make the difference

Making healthy choices can have a lasting impact on your diabetes, so whether you are new to mealtime insulin or new to Fiasp® you need to make healthy choices part of your routine.

 <i>Eating healthily</i>	Colour your plate by incorporating more fruits and vegetables into your diet. Learning to balance what, when and the amount you eat is key to managing your blood glucose levels.
 <i>Being active</i>	Getting active—or getting more active—can make a big difference. Start by taking a walk after meals or try to work exercise into your day by taking the stairs or parking further from your destination. Increasing your activity level can help you achieve and maintain a healthy weight.
 <i>Taking medicine</i>	It is important to take your medication as prescribed by your healthcare professional.
 <i>Tracking your blood glucose</i>	By writing your daily numbers in a diary, you'll notice blood glucose patterns and you can plan for them.
 <i>Speaking up</i>	When you reach a goal or have success, share it with those who support you. Positive feedback can help you stay on track. But you should also speak up if you need support or are having a problem.

Understanding your diabetes goals

Testing your blood glucose as advised by your healthcare professional can show how well you are controlling your diabetes daily.

FPG: (Fasting plasma glucose) is blood glucose tested when you have not eaten for 8 hours or more

PPG: (Postprandial plasma glucose, sometimes known as postmeal glucose) is blood glucose tested 1 to 2 hours after you eat

HbA_{1c}: (Glycated haemoglobin) is a blood test that provides information about your average levels of blood glucose over the past 2 to 3 months

HbA_{1c}



Talk to your doctor
about your FPG, PPG and
HbA_{1c} targets.

Why is PPG control important?



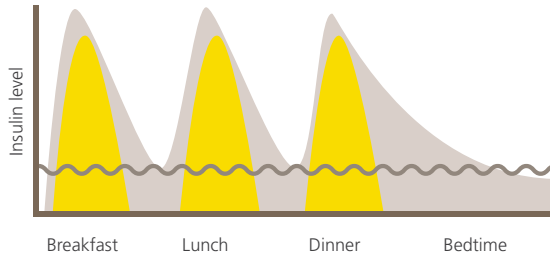
Fact: Blood glucose increases for approximately 70 minutes after you eat and can still be high for at least 4 hours after a meal.

To control your diabetes, your body needs insulin to keep up with glucose at mealtimes.

Adding a bolus (mealtime) insulin, such as Fiasp®, to your diabetes care plan can give you the additional blood glucose control you need after meals.



Insulin at mealtimes



- Insulin levels in person without diabetes
- Rapid-acting insulin analogue
- Long-acting insulin analogue

Schematic representation of insulin profiles



You have been prescribed Fiasp[®] to help lower blood glucose at mealtime

If you are switching to Fiasp[®] from another mealtime insulin, your insulin dose may need to be changed. Your healthcare professional will advise you of your starting dose and when to take Fiasp[®].

When should you take Fiasp[®]?

Fiasp[®] should be injected just (0–2 minutes) before the first bite of the meal with an option, when necessary, to inject up to 20 minutes after starting the meal.

Where to inject Fiasp[®]

The best place to inject Fiasp[®] is under the skin (subcutaneously) into your waist (abdomen) or upper arms. You will be shown how to inject insulin by your Doctor or Diabetes Specialist Nurse.

Fiasp[®] offers different delivery options

Fiasp[®] is available in FlexTouch[®], vials and as a cartridge (Penfill[®]).

For further details on how to inject Fiasp[®] please consult the specific device leaflet.

If you have been prescribed Fiasp[®] for use in an insulin pump, please consult your healthcare professional or pump manufacturer for more details.



Please see patient information leaflet for additional information.

What you may experience with insulin

Like all medicines, this medicine can cause side effects, although not everybody gets them. Possible side effects include low blood glucose (hypoglycaemia), skin reaction (rash, hives, eczema or itchy skin) and pain or redness where you inject Fiasp®. You should let your healthcare professional know if you experience any side effects. Consult with your healthcare professional if you have any further questions.

Hypoglycaemia is the medical word for low blood glucose and is often called a 'hypo'.

Three simple steps to avoid low blood glucose are:

- Always keep a spare pen in case you lose your pen, or it gets damaged
- Always carry something to show you have diabetes
- Always carry products containing sugar with you

Tell your friends and family about low blood glucose, and what the symptoms are, so they can get you help if you need it.

Your healthcare professional can teach you how to prevent and treat low blood glucose. The best way is to properly care for your diabetes. Also, try not to skip or delay meals.

Be sure to talk to your healthcare professional if you want to change your diet or exercise routine.



Fact: Testing and tracking your blood glucose can help you see how Fiasp® is working. Talk to your healthcare professional about when and how often to check your blood glucose.

Novo Nordisk Customer Care:

<http://www.novonordisk.co.uk/contact-us/Contact-Form.html>

or

0845 600 5055*

Calls may be recorded for training purposes
Office hours 08:30am to 05:30pm on weekdays and bank holidays

For more information on diabetes, visit our website
www.novonordisk.co.uk

This booklet was provided as a service to patients by Novo Nordisk Limited

*Calls are charged at a local rate and no other costs are incurred by the caller.

Reporting of side effects. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects.

Please see patient information leaflet for additional information.