

# A guide to your insulin therapy with NovoMix® 30



## NovoMix® 30 *(biphasic insulin aspart)*

Novo Nordisk patient information is specifically designed to benefit people currently using Novo Nordisk insulin and devices.

Please read the full instruction leaflet that comes with your NovoMix® 30.

## Why this booklet?

This booklet is designed to introduce you to NovoMix® 30 and help you understand how your injection routine works to keep your blood sugar within appropriate limits.

**If you have any questions regarding your diabetes or your medication, please ask your doctor, diabetes nurse or pharmacist.**

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## What is insulin?

Insulin is very important for everyone. It helps sugar move from the bloodstream into parts of your body that need it to make energy. By doing this, insulin controls the glucose (or sugar) level in your blood. Everyone needs a background insulin level and extra mealtime insulin to control blood glucose levels.

Your doctor has prescribed the insulin NovoMix® 30 for you. This is a type of insulin known as 'premix insulin'.

## What is premix insulin therapy?

- If you have diabetes, you make very little or no insulin, or your body may not use its available insulin properly.
- The purpose of premix insulin therapy for people with diabetes is to mimic the body's normal production of insulin.

Premix insulin is able to do this because it contains both a fast-acting and a longer acting insulin in each injection.

## What is NovoMix® 30?

NovoMix® 30 is a mixture of two different types of insulin: one fast-acting, the other longer acting.

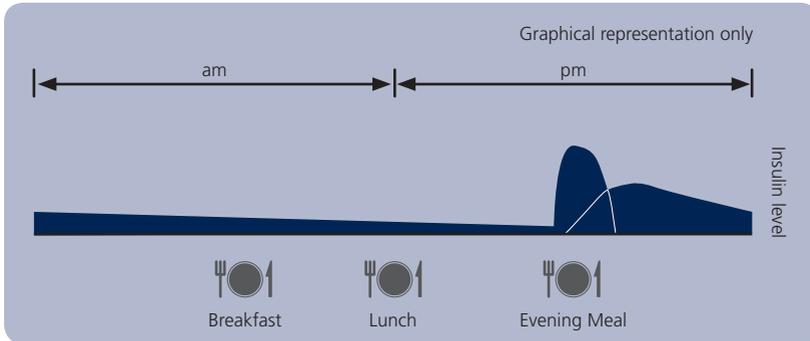
It can be given once, twice or three times a day.

- The mealtime part (fast-acting) starts to work immediately to deal with the food you are eating.
- The longer acting part maintains your background insulin level to reduce the chance of your blood sugar rising too high between meals.

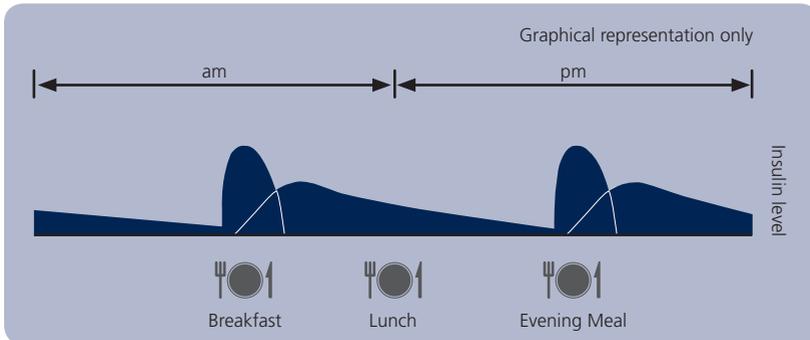
## Is NovoMix® 30 different from insulin produced in the body?

- NovoMix® 30 is similar to insulin naturally produced in the body, but has a slightly different structure. This means that the fast-acting part acts more quickly than human insulin.

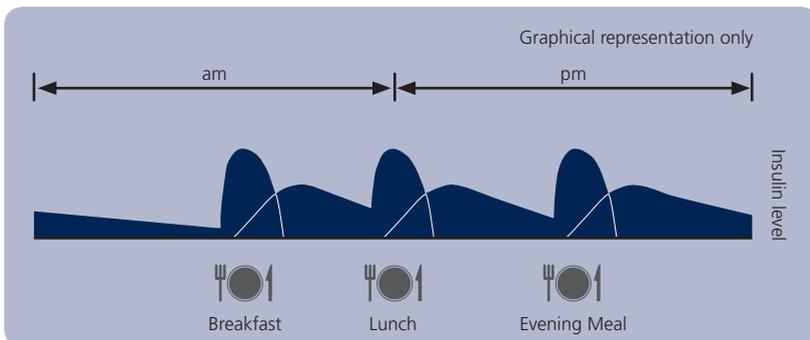
## NovoMix® 30 once a day



## NovoMix® 30 twice a day



## NovoMix® 30 three times a day



## How do I inject NovoMix® 30?

Your doctor or diabetes nurse will suggest the number of times NovoMix® 30 should be taken each day, and a starting dose. However, over time the number of times NovoMix® 30 should be taken and the dose may need to be adjusted depending on your blood glucose measurements.

- NovoMix® 30 is taken by subcutaneous injection (under the skin) into the thigh, abdomen or buttock.
- Your doctor or diabetes nurse will train and supervise you while you learn to inject yourself.
- NovoMix® 30 is available for use in different devices. Please speak to your doctor or diabetes nurse for more information.

**Write your starting doses in the spaces opposite.**

**If using NovoMix® 30 once a day,** just fill your dose details into box 1.

NovoMix® 30		①
Time of injection	Dose	

**If using NovoMix® 30 twice a day,** just fill your dose details into box 1 and 2.

NovoMix® 30		②
Time of injection	Dose	

**If using NovoMix® 30 three times a day,** fill your dose details into box 1,2 and 3.

NovoMix® 30		③
Time of injection	Dose	

## Will I need to change my insulin dose?

- The amount of insulin you need at each injection can vary.
- You will need to check your blood glucose level and change your insulin dose up or down if needed. Your doctor or diabetes nurse will teach you how to do this.
- Blood glucose is usually tested before a meal or two hours afterwards.

## What side effects may occur?

Low blood sugar (hypoglycaemia) is a very common side effect. It may affect more than 1 in 10 people.

Low blood sugar may occur if you:

- Inject too much insulin.
- Eat too little or miss a meal.
- Exercise more than usual.
- Drink alcohol.

Signs of low blood sugar include: cold sweat; cool pale skin; headache; rapid heartbeat; feeling sick; feeling very hungry; temporary changes in vision; drowsiness; unusual tiredness and weakness; nervousness or tremor; feeling anxious; feeling confused; difficulty in concentrating.

If you experience low blood sugar, eat glucose tablets or another high sugar snack (e.g. sweets, biscuits, fruit juice). Measure your blood sugar if possible and rest. Always carry glucose tablets or high sugar snacks with you, just in case.

## Serious allergic reactions

Serious allergic reactions to NovoMix® 30 or one of its ingredients (called a systemic allergic reaction) is a very rare side effect, but it can potentially be life-threatening. It may affect less than 1 in 10,000 people. Seek medical advice immediately:

- If signs of allergy spread to other parts of your body.
- If you suddenly feel unwell, and you: start sweating; start being sick (vomiting); have difficulty in breathing; have a rapid heartbeat; feel dizzy.
- If you notice any signs, seek medical advice immediately.

**Please refer to the full patient information leaflet provided with your medication for the list of other side effects.**

## Meals and mealtimes

- Try to eat regular amounts of food at each meal.
- NovoMix® 30 is a premix insulin with a fixed combination. Any dose change alters not only the injected fast-acting part but also the long-acting part of the insulin. So a change in dose to cope with variable meal size is generally not recommended.
- Try to eat at the same times each day.
- If there is a slight delay in your meal, you need to delay your insulin injection to just before your meal. Try to avoid major changes in your mealtimes and consequently in your insulin injection times. This is because it may affect your daily insulin cover and may result in overlapping of insulin doses.
- You may need a snack between your main meals. This should be discussed with your doctor, nurse or dietician.
- Remember that if you have recently changed from another insulin to NovoMix® 30 it is important to make sure that you take your injections at the times recommended by your doctor or diabetes nurse. This is to help your treatment have the best effect on your glucose levels and it will also help to reduce the possibility of a hypo.

## What happens if I fall ill?

Contact your doctor or diabetes nurse during any period of illness.

Other important things to remember are:

- Test your blood glucose more frequently than usual.
- Drink plenty of liquids.
- Eat as normally as you can.
- If you can't eat, take your carbohydrates in liquid form, such as orange juice or glucose drinks.
- Your insulin dose may need to be adjusted.
- For more advice on what to do when you are ill, speak to your doctor or diabetes nurse.

## What about exercise?

- Exercise is good for you, particularly if you have diabetes. It improves your general health, which may help prevent the major complications of diabetes. For more advice on this you may wish to consult your diabetes nurse.
- Exercise might make you more likely to have a hypo. This is because you could be using glucose in the muscles more quickly than it can be replaced. Also, insulin from your injection may enter your circulation more quickly than if you are resting.
- Any change in your insulin dose due to exercise should be made according to instructions by your doctor or diabetes nurse.
- If your exercise is going to take a long time, carry some food or a glucose drink.
- Never miss taking your insulin. Insulin is vital to keep your blood sugars within healthy limits, and to supply sugar to all the organs of your body to keep them working properly.

## Storing my NovoMix® 30

Protect it from excessive sunlight and heat. Put the cap back on your pen when you are not using it to protect it from light, which can damage NovoMix® 30 and stop it working properly. The NovoMix® 30 that you are carrying should not be kept in the refrigerator; keep it at room temperature (not above 30°C / 86°F). It can be kept like this for up to 4 weeks.

Before opening, store in a refrigerator. Keep away from the cooling element. Do not freeze.

### How long does NovoMix® 30 last at room temperature?

Up to 4 weeks at room temperature (not above 30°C / 86°F). Apart from a spare cartridge or FlexPen® you may be carrying, any NovoMix® 30 that you are not using should be kept in the refrigerator.

### Where in the refrigerator should I keep my NovoMix® 30?

Keep your NovoMix® 30 away from the freezer compartment. Any NovoMix® 30 that has been frozen must not be used.

## **Do I need to resuspend (mix) NovoMix® 30 before use?**

Yes. Please refer to your patient information leaflet for instructions on how to do this. The patient information leaflet can be found in the carton that your NovoMix® 30 came in. If you are unsure please ask your doctor or your diabetes nurse.

## **I have some redness, swelling and itchiness at the injection site – is this normal?**

Reactions at the injection site may occur. These usually disappear after a few weeks of taking your insulin. If they do not disappear or they get worse see your doctor or diabetes nurse.

## **Questions for my doctor or diabetes nurse**

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Novo Nordisk Customer Care  
**0845 600 5055**

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

Calls may be monitored for training purposes.

(Office hours 8:30am – 5:30pm on weekdays and bank holidays)

For more information on diabetes, visit our website

**[www.novonordisk.co.uk](http://www.novonordisk.co.uk)**

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

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the Yellow Card Scheme Website:

**[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)** or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

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