



STARTING TRESIBA® (insulin degludec)

A guide for patients who have been
prescribed Tresiba® FlexTouch®

Please make sure you read the patient information leaflet provided with your Tresiba® for more information



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A new move for you and your diabetes

You and your healthcare professional have decided the time is right for Tresiba®. Managing your blood glucose levels is an important part of keeping diabetes under control. It can help avoid health problems caused by high blood glucose.

As you may know, the body makes insulin. In a person with type 1 diabetes, the body isn't able to make any insulin. In type 2 diabetes, your body may not make enough insulin and does not respond as well to the insulin that is there. Your body may make some insulin, but not enough. Many people with type 2 diabetes may eventually need to take insulin. Taking insulin is a way to replace the insulin that your body needs.

This booklet will introduce you to Tresiba®. It is an insulin that may help you manage your blood glucose levels. You only have to take Tresiba® once a day.

As you move forward in your diabetes care, you should know that you are not alone. Don't be afraid to talk to family and friends about insulin. Of course, if you have questions or concerns, always contact your healthcare professional.

The content of this booklet is not intended to replace the advice of your healthcare professional or medical consultation.

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).

Getting to know Tresiba®

What is Tresiba® and how does it work?

Tresiba® is a once-daily basal analogue insulin that works throughout the day and night. Tresiba® is designed to be similar to the way your body releases its own natural basal insulin. It releases slowly and smoothly into your blood and helps control your blood glucose.



Taking your Tresiba®

How is Tresiba® taken?

Tresiba® comes pre-filled in the FlexTouch® pen. The Tresiba® FlexTouch® pen has a dose button and a large dose counter. Follow these simple guidelines when using Tresiba®:

- Tresiba® is taken once a day, preferably at the same time every day. However, on occasions when administration at the same time of the day is not possible, Tresiba® allows for flexibility in the timing of insulin administration. Choose a time to take your dose that works best for you. A minimum of 8 hours should be ensured between doses. There is no experience with flexibility in dosing time of Tresiba® in children and adolescents
- It is injected under the skin using the Tresiba® FlexTouch® pen and needle
- Each day, you should change the place on your body where you inject. The best places to inject are the front of your thighs, abdomen and upper arm. Discuss with your healthcare professional
- If you forget a dose, inject the missed dose when discovering the mistake. Always ensure that a minimum of 8 hours between doses is maintained. If you discover that you missed your previous dose when it is time to take your next regularly scheduled dose, do not take a double dose
- For people with type 1 and type 2 diabetes, whether you are new to insulin or switching from another insulin to Tresiba®, your healthcare professional will tell you your starting dose
- If other diabetes medicines, like rapid-acting or short-acting insulins are being taken with Tresiba®, dose changes to these medicines may also be needed
- As with all insulin, blood glucose should be closely monitored for the following weeks. Over time dose adjustments may be needed for your Tresiba® or for any other insulin you may be taking. Your healthcare professional will advise you about dose changes

Always follow the directions from your healthcare professional and ask for help if you are having trouble taking Tresiba®. Never intentionally skip a dose.

How can I involve family and friends?

Try to be open with your family and friends, as talking to them about your insulin, diet and level of physical activity might help them to better understand your diabetes and its management.

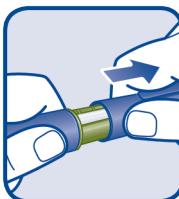
It may also be helpful to talk to other people with diabetes who take insulin. Your healthcare professional or local diabetes association may be able to introduce you, and provide other resources.



How do I inject Tresiba®?

It's important to make sure you know how to take your Tresiba® injection correctly.

Following these instructions carefully when injecting Tresiba® will help you to become familiar with the process of taking insulin. This can be a useful way to become more confident in managing your diabetes and may be especially important if you need to take your insulin when you are away from home or out with friends.



Check the name and strength on the label of your pen.



Pull off the pen cap and check that the insulin in your pen is clear and colourless.



Push the needle straight onto the Tresiba® FlexTouch® pen and turn it until it is on tight. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and throw it away.

*For those using Tresiba® U200 FlexTouch® pen.

Touch



To check the insulin flow of the pen, turn the dose selector to select 2 units.



Press and hold down the dose button until the dose counter returns to 0. A drop of insulin should appear at the needle tip. If no drop appears, repeat the procedure up to 6 times. If there is still no drop, change the needle and repeat the procedure once more. If there is still no drop of insulin, the pen may be defective and you must use a new one.



Now, turn the dose selector to select the dose you need as directed by your healthcare professional. The dose counter shows the dose dialled in units.

Do not make any dose recalculations.*

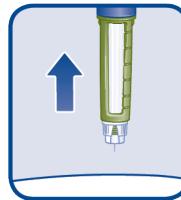


Insert the needle into your skin and make sure you can see the dose counter. Press and hold down the dose button until the dose counter returns to 0.

Done



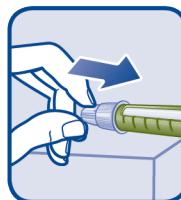
When the dose counter returns to 0, you may hear or feel a click.



Pull the needle and pen straight up from the skin.



Then place the outer needle cap on a flat surface. Do not touch the needle or the cap and carefully slip the needle into the outer cap.



Unscrew the needle and dispose of it carefully. Finally, put the pen cap on your pen.

For more information, refer to the full instructions for use included with your Tresiba® FlexTouch® pen or talk to your healthcare professional.

Some frequently asked questions

How do I store Tresiba®?

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the pen label and carton after 'EXP'. The expiry date refers to the last day of that month.

Before first use

Store in a refrigerator (2°C to 8°C). Keep away from the freezing element. Do not freeze. Keep the cap on the pen in order to protect the insulin from light.

After first opening or carried as a spare

You can carry your Tresiba® pre-filled pen (FlexTouch®) with you and keep it at room temperature (not above 30°C) or in a refrigerator (2°C to 8°C) for up to 8 weeks.

Always keep the cap on the pen when you are not using it in order to protect the insulin from light.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment. When your FlexTouch® pen is empty and the needle has been disposed of safely, you can dispose of the pen in normal waste.

What are the possible side effects?

Like all medicines, this medicine can cause side effects, although not everybody gets them. All insulin can cause low blood glucose. This is known as hypoglycaemia or a “hypo”. For more information please see pages 10-12.

Other side effects include:

- Common: pain or redness at the place where you inject Tresiba®
- Uncommon: skin changes where you use the injection or swelling around your joints
- Rarely: a serious allergic reaction. The signs of a serious allergic reaction include vomiting, difficulty breathing, fast heartbeat, swelling of the tongue and lips, and itching of the skin. If you see the signs of a serious allergic reaction, stop taking Tresiba® and seek immediate medical assistance

For a full list of side effects, please see the patient information leaflet. Be sure to contact your healthcare professional if you experience any of the above symptoms or any others that you think might relate to your insulin injection.



What is low blood glucose (a “hypo”)?

Sometimes, blood glucose can get too low. This is called hypoglycaemia, or a “hypo”. As with any insulin product, Tresiba® may cause hypoglycaemia. To help reduce the risk of hypoglycaemia, always follow your healthcare professional’s instructions.

Low blood glucose may happen if you:

- Use too much insulin
- Drink alcohol
- Eat too little, especially too little carbohydrate
- Exercise more than usual
- Miss a meal

There are other causes of low blood glucose. Ask your healthcare professional to explain the ways you can help prevent and treat low blood glucose.

It is important to know you can check your blood glucose with a blood glucose monitor or meter. Discuss with your healthcare professional when you should check your blood glucose.

How do I know if I have low blood glucose?

Low blood glucose can happen quickly. You might feel different symptoms, including: cold sweat, confusion, and a fast heartbeat. Some people may feel sick, tired, dizzy, or experience a headache or mood swing.

Some symptoms of hypoglycaemia are:

- Nausea
- Trembling
- Slurred speech
- Difficulty concentrating
- Numbness or tingling of the fingertips or lips
- Extreme hunger
- Changes in mood
- Cool pale skin
- Short-lasting changes in your sight

Every person responds differently to low blood glucose. Your healthcare professional will help you recognise the symptoms and teach you what to do if you have them.

Always keep your diabetes ID card with you in case you experience low blood glucose.



What to do if your blood glucose is too low

- You should eat or drink a fast-acting carbohydrate (15-20g). A liquid form of carbohydrate may be easier to take than a solid form.
15-20g of fast-acting carbohydrate may include:
 - Five glucose or dextrose tablets
 - A small glass of sugary (non-diet) drink
 - Five jelly babies
 - A small carton of pure fruit juice
 - A tube of glucose gel

It is important to be aware that fast-acting glucose may need to be taken in small and frequent amounts, because low blood glucose may sometimes cause vomiting.

- Measure your blood glucose within 15 minutes if possible, and rest. Blood glucose levels may need to be measured more than once. This is because the return to normal blood glucose levels from low blood glucose levels may be delayed when taking long-acting insulin products
- As the signs of low blood glucose start to improve you should eat complex, long-acting carbohydrates which will help to maintain blood glucose levels. Foods that contain complex carbohydrates include whole grain bread, nuts and seeds, and fruit and vegetables
- If you pass out and need help from someone, they should be told to turn you on your side (head tilted back and knees bent) before administering a glucagon injection if there is one available, and only if they know how to use it. You should also inform them not to give you any food or drink due to the risk of choking. Furthermore, ask them to seek medical assistance straight away

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.

Remember, it is important to manage your diabetes

Novo Nordisk Customer Care **0845 600 5055**

Call charges may vary, please check with your service provider.

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

www.novonordisk.co.uk

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. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard
By reporting side effects you can help provide more information on the safety of this medicine.

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