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

[www.changingdiabetes.co.uk](http://www.changingdiabetes.co.uk)

**DAWN**  
Diabetes Attitudes Wishes & Needs

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## 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



## 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 safe limits.

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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.

What is pre-mix insulin therapy?

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

It is able to do this as it contains both a fast acting and a slower acting component with each injection and is usually injected once or twice a day.

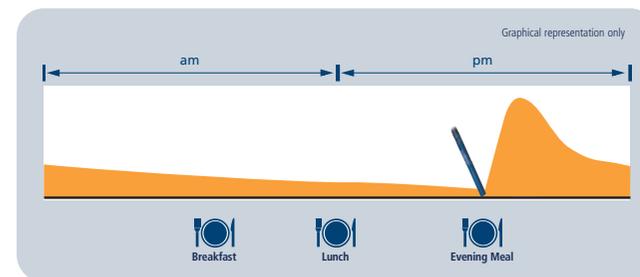
## What is NovoMix® 30?

NovoMix® 30 is a mixture of two different types of insulin: one fast acting, the other slower acting. An injection is given immediately before a meal. It can be given once, twice or three times a day.

- The mealtime part starts to work immediately to deal with the food you are eating.
- The basal part maintains your background insulin level in order to reduce the chance of your blood sugar rising too high between meals.

### Why is NovoMix® 30 different to other insulins?

- NovoMix® 30 is an insulin analogue. This is similar to human insulin but the structure has been altered, so the fast-acting part acts more quickly than human insulin.
- Because of this, NovoMix® 30 can be injected immediately before a meal giving greater convenience.
- **NovoMix® 30 once a day.**



## How do I inject NovoMix® 30?

Your doctor or diabetes nurse will suggest a starting dose, but over time this may be adjusted depending on your blood glucose measurements.

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

| NovoMix® 30  |      |
|--------------|------|
| Evening meal | Dose |
|              |      |
|              |      |

**If using NovoMix® 30 twice a day**

| NovoMix® 30 |      |
|-------------|------|
| Breakfast   | Dose |
|             |      |
|             |      |

- NovoMix® 30 is taken by subcutaneous injection into the thigh, abdomen or buttock. It is normally injected just before you eat breakfast, lunch or dinner, or even soon after your meal if you need to.
- 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.

## 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 tested at various times. Usually this is just before a meal or two hours afterwards.

### Changing meal sizes

- Try to eat regular amounts of food at each meal, however you can eat a different amount if you change your insulin dose for that meal.
- You will need to experiment at first, using your blood glucose tests as a guide.
- Take less NovoMix® 30 before a small meal, more before a large meal.
- Only eat large meals occasionally – it is important to look after your weight.

## Changing meal times

- Try to eat at the same times each day, but if needed, you can change your meal times within limits.
- If you need to change the time of a meal, simply take your dose of NovoMix® 30 just before you eat. Ask your doctor or diabetes nurse for advice on how to do this.

### Missing a meal

- Try not to miss a meal.
- If you miss a meal eat as soon as possible, taking your NovoMix® 30 just before the meal as usual.

### Eating snacks

- You may need a snack between meals and at bedtime to avoid becoming 'hypo' (having low blood glucose).
- Eat healthy snacks like fruit, a cereal bar or wholemeal toast, and only have them if you need to.

## What happens if I fall ill?

You may not feel like eating if you are ill, however it is essential that you still take your insulin. This is very important. Ask someone to help if you don't feel up to it.

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 will 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.
- If you are going to exercise after your next meal you should either take less insulin or take more food, particularly starchy foods.
- If your exercise is going to take a long time, carry more food or a high carbohydrate drink with you.
- 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

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

### How long can I use NovoMix® 30 outside the fridge?

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.

### How long can I keep my NovoMix® 30?

Check the expiry dates on the labels or cartons, NovoMix® 30 should not be used after the expiry date stated.

### Other frequently asked questions

- Q. Do I need to resuspend (mix) NovoMix® 30 before use?  
 A. Yes. You will need to rock and roll your pen before use up to 10 times. Your health care professional will show you how to do this.
- Q. I have some redness, swelling and itchiness at the injection site – is this normal?  
 A. Reactions at the injection site may occur. These usually disappear after a few weeks of taking your insulin. If they do not disappear see your doctor or diabetes nurse.