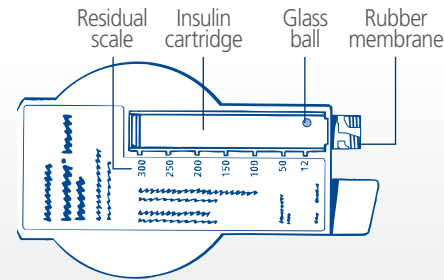
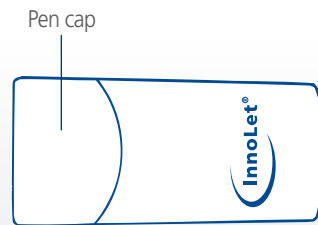
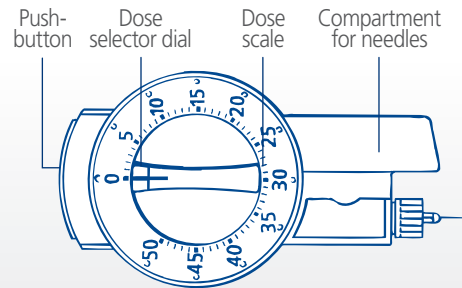
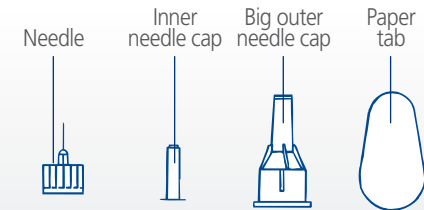


# How to use InnoLet®

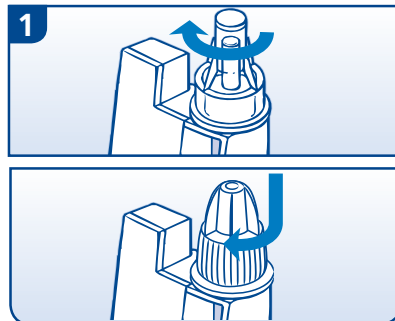
## InnoLet®



## NovoFine® needle



### Attaching the needle



Disinfect the rubber membrane with a medicinal swab.

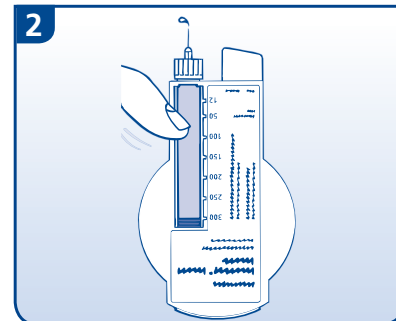
Always use a new needle for each injection to prevent contamination.

Remove the paper tab from a NovoFine® needle.

If using a NovoFine® needle screw the needle onto your InnoLet® so that it is straight and secure.

Pull off the big outer needle cap and the inner needle cap. You may want to store the big outer needle cap in the compartment.

### Check the insulin flow (Priming)



It is important to prime your InnoLet® prior to every injection. The priming procedure may highlight a malfunction with your InnoLet®. Priming also helps to remove air bubbles and would help indicate whether or not a needle is blocked. If problems are encountered during priming, use an alternative insulin delivery system, DO NOT USE YOUR INNOLET®, and contact your healthcare professional and/or Novo Nordisk.

#### To avoid injection of air & ensure proper dosing:

Dial 2 units by turning the dose selector clockwise.

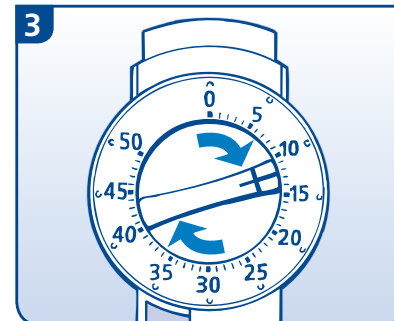
Hold InnoLet® with the needle pointing upwards and tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge.

Keeping the needle upwards, press the push-button and the dose selector returns to zero.

A drop of insulin **must** appear at the needle tip. If not, change the needle and repeat the procedure no more than 6 times.

If a drop of insulin still does not appear, the pen is defective and must not be used.

### Setting the dose



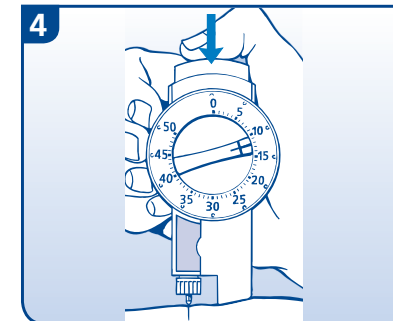
**Always** check that the push-button is fully depressed and the dose selector is set at zero.

Dial the number of units required by turning the dose selector clockwise. Do not use the residual scale to measure your dose of insulin.

You will hear a click for every single unit dialled. The dose can be corrected by turning the dial either way.

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

### Administering the injection



Insert the needle into your skin. Use the injection technique advised by your healthcare professional.

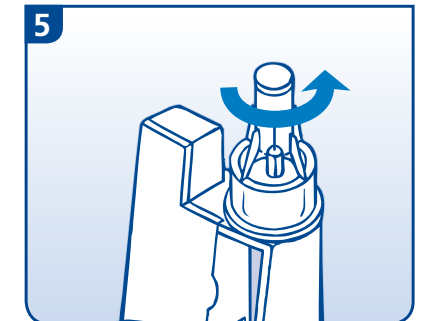
Deliver the dose by pressing the push-button fully down. You will hear clicks as the dose selector returns to zero. Turning the dial backwards does not deliver insulin. The push-button must be used.

After the injection, the needle must remain under the skin for at least 6 seconds to ensure that the full dose has been delivered.

Make sure that you do not obstruct the dose selector while injecting, as the dose selector must be allowed to return to zero when you press the push-button.

Remove the needle after each injection.

### Removing the needle



Replace the big outer needle cap carefully. Then remove the needle by unscrewing it (for NovoFine® needles). Dispose of it carefully.

**Use a new needle for each injection.** Remove the needle after each injection and store InnoLet® without the needle attached. Otherwise, the liquid may leak out which can cause inaccurate dosing.

Healthcare professionals, relatives and other carers must follow general precautionary measures for removal and disposal of needles to eliminate the risk of unintended needle penetration.

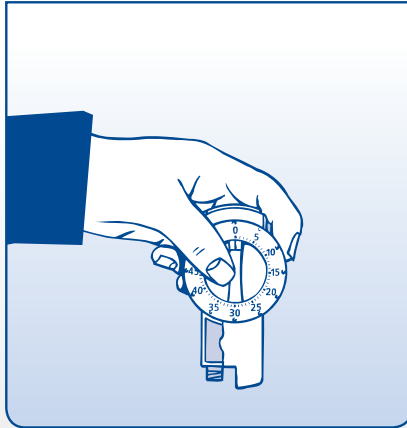
Dispose of your used InnoLet® carefully with the needle removed.



Remember  
**Always**  
use a new  
NovoFine®  
needle every time you inject

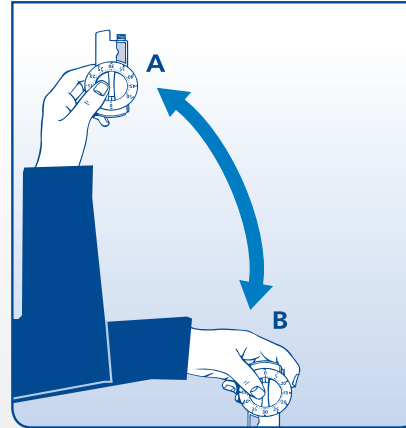
# How to use InnoLet®

## Preparing for injection



Check the label to make sure that your InnoLet® contains the correct type of insulin. Take off the pen cap. Resuspending is easier when the insulin has reached room temperature.

## Resuspending the insulin



**Before every injection:**

**Check there are at least 12 units** of insulin left in the cartridge to allow even resuspension. If there are less than 12 units left, use a new InnoLet®.

**Move the pen up and down** between positions A and B and back so that the glass ball moves from one end of the cartridge to the other at least 20 times. Repeat this movement at least 10 times before each injection. The movement must always be repeated until the liquid appears uniformly white and cloudy.

**After resuspending the insulin,** complete all of the stages of injection without delay.

## Maintenance

Your InnoLet® is designed to work accurately and safely. It must be handled with care. Do not refill your InnoLet®.

You can clean your InnoLet® by wiping it with a medicinal swab. Do not soak it, wash or lubricate it. This may damage the mechanism.

**Patients registered with the National Diabetes Services Scheme (NDSS) are entitled to 1,200 needles every 180 day period free of charge with or without scripts, from NDSS pharmacies and Diabetes Australia.**

**You have been prescribed:** (to be completed by healthcare professional)



**NovoFine® Plus** 4mm 32G  
0.23/0.25 x 4mm



**novofine®** 6mm 32G Tip  
0.23/0.25 x 6mm



**novofine®** 8mm 30G  
0.3 x 8mm



**Protaphane®**  
isophane human insulin (rys)



**Mixtard® 30/70**  
biphasic isophane human insulin (rys)

Please see your healthcare professional for any further information about your diabetes treatment.

This sheet is intended as a quick guide only and does not replace InnoLet® user manual or the CMI enclosed in your prescribed insulin pack. InnoLet® user manual can be found inside every new pack of InnoLet®. The CMI and user manual should be read carefully before use. For distribution by healthcare professionals.

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