

**Patient leaflet in accordance with the Pharmacists' Regulations**  
**(Preparations) - 1986**

**This medicine is dispensed with a doctor's prescription only**

**NovoMix® 30 FlexPen 100 units/ml**

**Suspension for injection in a pre-filled injection pen**

**Active ingredients:** 30% soluble insulin aspart and 70% insulin aspart protamine crystallized.

**Inactive ingredients and allergens in this medicine:** See section 2 under 'Important information about some of this medicine's ingredients' and section 6 'Additional information'.

**Read the entire leaflet carefully before you start using this medicine.** This leaflet contains concise information about this medicine. If you have any further questions, consult your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar to yours.

## **1. What is this medicine intended for?**

NovoMix 30 is used to treat diabetes in adults, adolescents, and children aged 10 years and older.

**Therapeutic group:** Diabetes medicines. Insulins and analogs for injection, with a combination of an intermediate-acting or long-acting insulin with rapid-acting insulin.

NovoMix 30 is a modern insulin (insulin analog) with both a rapid-acting and an intermediate-acting effect, in the ratio 30/70. Modern insulin products are improved versions of human insulin.

NovoMix 30 is used to reduce high blood sugar level in adults, adolescents and children aged 10 years and above who have diabetes. Diabetes is a disease where your body does not produce enough insulin to control the level of your blood sugar.

NovoMix 30 will start to lower your blood sugar 10–20 minutes after you inject it, the maximum effect occurs between 1 and 4 hours after the injection, and the effect lasts for up to 24 hours.

NovoMix 30 can be used in combination with tablets for treatment of diabetes

## **2. Before using this medicine**

**Do not use this medicine:**

- ▶ if you are sensitive (allergic) to insulin aspart or any of the other ingredients in this medicine (see section 6, 'Additional information')
- ▶ If you suspect hypoglycemia (low blood sugar) is starting, see item a in 'Summary of serious and very common side effects' in section 4.

- ▶ in insulin infusion pumps
- ▶ if your FlexPen is dropped, damaged or crushed
- ▶ if it has not been stored correctly or if it has been frozen, see section 5, 'How to store this medicine?'
- ▶ if the resuspended insulin does not appear uniformly white, cloudy and aqueous
- ▶ if after resuspension, clumps of material are present or if solid white particles stick to the bottom or the wall of the cartridge.

If any of these apply, do not use NovoMix 30. Ask your doctor, nurse or pharmacist for advice.

### **Before using NovoMix 30**

- ▶ Check the label to make sure it is the right type of insulin.
- ▶ Always use a new needle for each injection to prevent contamination.
- ▶ Do not share needles and your NovoMix 30 FlexPen.
- ▶ NovoMix 30 FlexPen is only suitable for injecting under the skin. Speak to your doctor if you need to inject your insulin by another method.

### **Special warnings about using this medicine**

Some conditions and activities can affect your need for insulin. **Tell your doctor if:**

- ▶ you have trouble with your kidneys or liver, or with your adrenal, pituitary or thyroid glands.
- ▶ you exercise more than usual or if you want to change your usual diet, because these changes may affect your blood sugar level
- ▶ you are ill, carry on taking your insulin and consult your doctor.
- ▶ you are going abroad, travelling over time zones may affect your insulin needs and the timing of your injections.

### **Skin changes at the injection site**

The injection site should be rotated to help prevent changes to the fatty tissue under the skin, such as skin thickening, skin shrinking or lumps under the skin. The insulin may not work very well if you inject into a lumpy, shrunk or thickened area (see section 3, 'How to use this medicine'). Tell your doctor if you notice any skin changes at the injection site. Tell your doctor if you are currently injecting into these affected areas before you start injecting in a different area. Your doctor may tell you to check your blood sugar more closely, and to adjust your insulin or other antidiabetic medications dose.

### **Children and adolescents**

- NovoMix 30 can be used in adolescents and children aged 10 years and above.
- There is limited experience with NovoMix 30 in children aged 6–9 years.
- No data are available for NovoMix 30 in children under 6 years old.

### **Other medicines and NovoMix 30**

**If you are taking or have recently taken other medicines, including nonprescription medications and dietary supplements, tell your doctor or pharmacist.** Some medicines affect your blood sugar level and this may mean that your insulin dose has to change. Listed below are the most common medicines which may affect your insulin treatment.

Your blood sugar level may fall (hypoglycemia) if you take:

- other medicines for the treatment of diabetes
- monoamine oxidase inhibitors (MAOI) (used to treat depression)
- beta-blockers (used to treat high blood pressure)
- ACE (angiotensin converting enzyme) inhibitors (used to treat certain heart problems or high blood pressure)
- salicylates (used to relieve pain and lower fever)
- anabolic steroids (such as testosterone)
- sulfonamides (used to treat infections).

Your blood sugar level may rise (hyperglycemia) if you take:

- oral contraceptives (birth control pills)
- thiazides (used to treat high blood pressure or excessive fluid retention)
- glucocorticoids (such as 'cortisone' used to treat inflammation)
- thyroid hormones (used to treat thyroid gland disorders)
- sympathomimetics (such as epinephrine [adrenaline], salbutamol or terbutaline used to treat asthma)
- growth hormone (medicine for stimulating skeletal and somatic growth which has a pronounced influence on the body's metabolic processes)
- danazol (medicine that affects ovulation).

Octreotide and lanreotide (used to treat acromegaly, a rare hormonal disorder that usually occurs in middle-aged adults, caused by the pituitary gland producing excess growth hormone) may either increase or decrease your blood sugar level.

Beta-blockers (used to treat high blood pressure) may weaken or entirely suppress the first warning symptoms which can help you recognize low blood sugar.

Pioglitazone (tablets used to treat type 2 diabetes)

Some patients with type 2 diabetes and heart disease or previous stroke who were treated with pioglitazone and insulin developed heart failure. Inform your doctor as soon as possible if you experience signs of heart failure such as unusual shortness of breath or rapid increase in weight or localized swelling (edema).

If you have taken any of the medicines listed here, tell your doctor or pharmacist.

**Using this medicine and alcohol consumption**

If you drink alcohol, your need for insulin may change as your blood sugar level may either rise or fall. Careful monitoring of your blood sugar level is recommended.

**Pregnancy and breastfeeding**

- ▶ If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine. There is limited clinical experience with insulin aspart in pregnancy. Your insulin dose may need to be changed during pregnancy and after delivery. Careful control of your diabetes, particularly prevention of hypoglycemia, is important for the health of your baby.
- ▶ There are no restrictions on treatment with NovoMix 30 during breastfeeding.

Ask your doctor, nurse or pharmacist for advice before taking any medicine while pregnant or breastfeeding.

### **Driving and using machines**

- ▶ Ask your doctor whether you can drive a car or operate a machine:
- if you have frequent hypoglycemia
- if you find it hard to recognize hypoglycemia.

If your blood sugar is low or high, it might affect your concentration and ability to react and therefore also your ability to drive or operate machines. Bear in mind that you could endanger yourself or others.

### **Important information about some of this medicine's ingredients**

NovoMix 30 contains less than 1 mmol sodium (23 mg) per dose, which means that NovoMix 30 is essentially 'sodium-free'.

## **3. How to use this medicine?**

### **Insulin dose and when to take it**

Always use this medicine according to your doctor's instructions. Only your doctor will determine your dose and how you should take this medicine. Check with your doctor or pharmacist if you are not sure about your dose or about how to take this medicine. **Do not exceed the recommended dose.**

- NovoMix 30 is generally taken immediately before a meal. Eat a meal or snack within 10 minutes of the injection to avoid low blood sugar. When necessary, NovoMix 30 can be injected soon after a meal. See 'How and where to inject', below, for information.
- When NovoMix 30 is used in combination with tablets for diabetes your dose will have to be adjusted by your doctor.
- Do not change your insulin unless your doctor tells you to. If your doctor has switched you from one type or brand of insulin to another, your dose may have to be adjusted by your doctor.

### **Use in children and adolescents**

NovoMix 30 can be used in adolescents and children aged 10 years and above when premixed insulin is preferred. Limited clinical data exists for children aged 6–9 years. No data are available for NovoMix 30 in children under 6 years old.

### **Use in special patient groups**

If you have reduced kidney or liver function, or if you are over 65 years old, you need to check your blood sugar more regularly and discuss changes in your insulin dose with your doctor.

### **How and where to inject**

NovoMix 30 is for injection under the skin (subcutaneously). Never inject your insulin directly into a vein (intravenously) or muscle (intramuscularly). NovoMix 30 FlexPen is

only suitable for injecting under the skin. Speak to your doctor if you need to inject your insulin by another method.

With each injection, change the injection site within the particular area of skin that you use. Being careful about this may reduce your risk of developing lumps or skin pitting (see section 4, 'Side effects'). The best places to give yourself an injection are: the front of your waist (abdomen); your buttocks; the front of your thighs or upper arms. The insulin will work more quickly if you inject around the waist. You should always measure your blood sugar regularly.

#### **How to handle NovoMix 30 FlexPen**

NovoMix 30 FlexPen is a pre-filled, color-coded, disposable injection pen containing a mixture of rapid-acting and intermediate-acting insulin aspart in the ratio 30/70.

Carefully read the instructions for use included in this package leaflet. You must use the injection pen as described in the Instructions for use.

Always make sure that you are using the correct pen before you inject your insulin.

#### **If you have accidentally taken a higher dose**

If you accidentally inject too much insulin, your blood sugar will get too low (hypoglycemia).

See item a in 'Summary of serious and very common side effects' in section 4. If you have taken an overdose, or if a child has accidentally taken some medicine, immediately see a doctor or go to a hospital emergency room and bring the medicine package with you.

#### **If you forget to take your medicine**

If you forget to take your insulin, your blood sugar may get too high (hyperglycemia).

See item c 'Effects from diabetes' in section 4. If you forget to take the medicine at the scheduled time, do not take a double dose. Take the next dose at the usual time and consult your doctor.

Adhere to the treatment as recommended by your doctor.

#### **If you stop taking this medicine**

Even if your health improves, do not stop taking this medicine without consulting your doctor. Stopping this treatment could lead to very high blood sugar (severe hyperglycemia) and ketoacidosis. See item c 'Effects from diabetes' in section 4.

**Do not take medicines in the dark! Check the label and dose every time you take medicine. Wear glasses if you need them.**

**If you have any further questions about using this medicine, consult your doctor or pharmacist.**

## **4. Side effects**

Like with all medicines, using NovoMix 30 may cause side effects in some users. Do not be alarmed by this list of side effects; you may not experience any of them.

### **a) Summary of serious and very common side effects**

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

Low blood sugar may occur if you:

- inject too much insulin
- eat too little or miss a meal
- exercise more than usual
- drink alcohol (see 'Using this medicine and alcohol consumption' in section 2).

Signs of low blood sugar:

cold sweat; cool pale skin; headache; rapid heartbeat; nausea; feeling very hungry; temporary changes in vision; drowsiness; unusual tiredness and weakness; irritability or tremor; feeling anxious; feeling confused; difficulty in concentrating.

Severe low blood sugar can lead to unconsciousness. If severe low blood sugar continues for long without being treated, it can cause brain damage (temporary or permanent) and even death. You may recover more quickly from unconsciousness with an injection of the hormone glucagon given by someone who knows how to use it. If you are given glucagon, you will need glucose or a sugar snack as soon as you are conscious. If you do not respond to glucagon treatment, you will have to be treated in a hospital.

What to do if you experience low blood sugar:

- ▶ If you experience low blood sugar, eat glucose tablets or another high-sugar snack (such as candy, cookies, fruit juice). Measure your blood sugar if possible and rest. Always carry glucose tablets or high-sugar snacks with you, just in case.
- ▶ When the symptoms of low blood sugar have disappeared or when your blood sugar level has stabilized, continue insulin treatment as usual.
- ▶ If you have such low blood sugar that it makes you pass out, if you have needed an injection of glucagon, or if you have experienced many incidents of low blood sugar, talk to a doctor. The amount or timing of insulin, food or exercise may need to be adjusted.

Tell relevant people that you have diabetes and what the consequences may be, including the risk of passing out (becoming unconscious) due to low blood sugar. Let them know that if you pass out, they must turn you on your side and get medical help straight away. They must not give you any food or drink because you may choke.

**Serious allergic reactions** to NovoMix 30 or any 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
- you suddenly feel unwell and you: start sweating, start vomiting, have difficulty breathing, you get a fast heartbeat, or feel dizzy
- ▶ If you notice any of these signs, seek medical advice immediately.

**Skin changes at the injection site:** If you inject insulin in the same place, the fatty tissue may shrink (lipoatrophy) or thicken (lipohypertrophy) (may affect less than 1 in 100 users). Lumps under the skin may also be caused by build-up of a protein called amyloid (cutaneous amyloidosis; how often this occurs is not known). The insulin may not work very well if you inject into a lumpy, shrunken or thickened area. Change the injection site with each injection to help prevent these skin changes.

## **b) List of other side effects**

### **Uncommon side effects**

May affect less than 1 in 100 users.

Signs of allergy: Local allergic reactions (pain, redness, hives, inflammation, bruising, swelling and itching) at the injection site may occur. These reactions usually disappear after a few weeks of taking your insulin. If they do not disappear, see your doctor.

Vision problems: When you first start your insulin treatment, it may disturb your vision, but the disturbance is usually temporary.

Swollen joints: When you start taking insulin, water retention may cause swelling around your ankles and other joints. Normally, this swelling soon disappears. If it does not, contact your doctor.

Diabetic retinopathy (an eye disease related to diabetes which can lead to loss of vision): If you have diabetic retinopathy and your blood sugar level improves very fast, the retinopathy may get worse. Ask your doctor about this.

### **Rare side effects**

May affect less than 1 in 1,000 users.

Painful neuropathy (pain due to nerve damage): If your blood sugar level improves very fast, you may get nerve related pain. This is called acute painful neuropathy and is usually transient.

## **c) Effects from diabetes**

### **High blood sugar (hyperglycemia)**

High blood sugar may occur if you:

- have not injected enough insulin
- forget to take your insulin or stop taking insulin
- repeatedly take less insulin than you need
- get an infection and/or a fever
- eat more than usual
- exercise less than usual

#### Warning signs of high blood sugar:

The warning signs appear gradually. They include: increased urination; feeling thirsty; losing your appetite; nausea or vomiting; feeling drowsy or tired; flushing; dry skin; dry mouth and fruity (acetone) smelling breath.

#### What to do if you experience high blood sugar:

- ▶ If you notice any of the above signs: test your blood sugar level, test your urine for ketones if you can, then seek medical help immediately.
- ▶ These may be signs of a very serious condition called diabetic ketoacidosis (build-up of acid in the blood because the body is breaking down fat instead of sugar). If you do not treat it, this could lead to diabetic coma and eventually death.

**If you experience any side effect, if any side effect gets worse, or if you experience a side effect not mentioned in this leaflet, consult your doctor.**

#### **Reporting side effects**

You can report side effects to the Ministry of Health by following the link 'Reporting Side Effects of Drug Treatment' on the Ministry of Health home page ([www.health.gov.il](http://www.health.gov.il)) which links to an online form for reporting side effects. You can also use this link: <https://sideeffects.health.gov.il>

### **5. How to store the medicine?**

- Prevent poisoning! To prevent poisoning, keep this, and all other medicines, in a closed place, out of the reach and sight of children and/or infants. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use the medicine after the expiry date (exp. date) which is stated on the injection pen label and on the package. The expiry date refers to the last day of that month.
- Always keep the pen cap on your FlexPen when you are not using it, in order to protect it from light. NovoMix 30 must be protected from excessive heat and light.
- **Before opening:** NovoMix 30 FlexPen that is not being used must be stored in the refrigerator at 2°C to 8°C, away from the cooling system. Do not freeze. Before you use NovoMix 30 FlexPen, remove it from the refrigerator. It is advisable to resuspend the insulin as instructed every time you use a new pen. See Instructions for use, below.
- **During use or when carried as a spare injection pen:** NovoMix 30 FlexPen that is being used or that is carried as a spare injection pen should not be kept in the refrigerator. You can carry the injection pen with you and keep it at room temperature (below 30°C) for up to 4 weeks.
- 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.



## 6. Additional information

### What NovoMix 30 contains

- 1 ml of solution contains 100 units of insulin aspart. Each pre-filled injection pen contains 300 units of insulin aspart in 3 ml of suspension for injection.
- **In addition to the active ingredients, this medicine also contains:** glycerol, sodium hydroxide, metacresol, hydrochloric acid, phenol, disodium phosphate dihydrate, sodium chloride, protamine sulfate, zinc and water for injection.

### What NovoMix 30 looks like and contents of the pack

NovoMix 30 is presented as a suspension for injection in a pre-filled pen. The cartridge contains a glass ball to facilitate resuspension. After resuspension, the liquid should look uniformly white, cloudy and aqueous. Do not use the insulin, if it is not uniformly white, cloudy and aqueous after resuspension.

This medicine is available in packs of 1 pre-filled injection pen (with needles) and of 5 pre-filled injection pens (without needles) of 3 ml. Not all pack sizes may be marketed.

The suspension is cloudy, white and aqueous.

### Registration holder's name and address:

Novo Nordisk Ltd.  
1 Atir Yeda Street  
Kfar Sava 4464301

### Manufacturer's name and address:

Novo Nordisk A/S  
Novo Allé, DK-2880 Bagsværd, Denmark.

This leaflet was revised in November 2020.

Registration number of the medicine in the Ministry of Health's National Drug Registry:  
127-24-30599

**Turn over for information on how to use your FlexPen.**

**Instructions on how to use NovoMix 30 suspension for injection in FlexPen.**

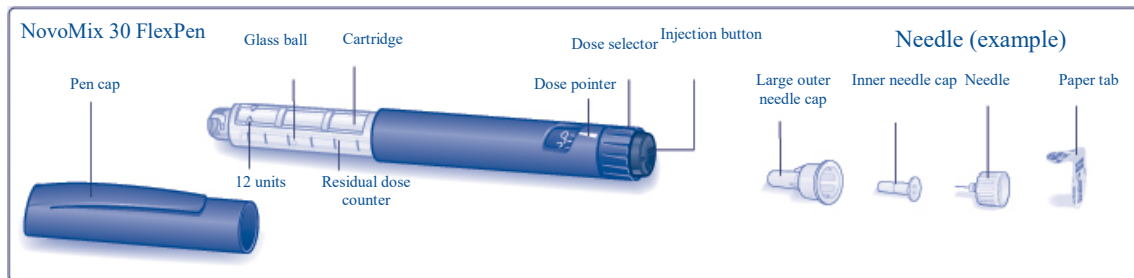
**Read the following instructions carefully before using your FlexPen.**

If you do not follow the instructions carefully, you may get too little or too much insulin, which can lead to too high or too low blood sugar level.

Your FlexPen is a pre-filled dial-a-dose insulin injection pen.

- ▶ You can select doses from 1 to 60 units in increments of 1 unit.
- ▶ FlexPen is designed to be used with NovoFine or NovoTwist disposable needles up to a length of 8 mm.

- ▶ Always carry a spare insulin injection pen in case your FlexPen is lost or damaged.



### Caring for your pen

- ▶ Your FlexPen must be handled with care. If it is dropped, damaged or crushed, there is a risk of insulin leakage. This may cause inaccurate dosing, which can lead to too high or too low blood sugar level.
- ▶ You can clean the exterior of your FlexPen by wiping it with a medicinal swab. Do not soak it, wash or lubricate it as this may damage the pen.
- ▶ **Do not refill your FlexPen.**

### Resuspending your insulin

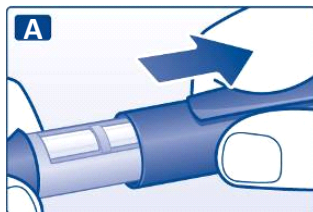
#### A

**Check the name and colored label of your pen** to make sure that it contains the correct type of insulin. This step is especially important if you take more than one type of insulin. If you take the wrong type of insulin, your blood sugar level may get too high or too low.

#### Every time you use a new injection pen

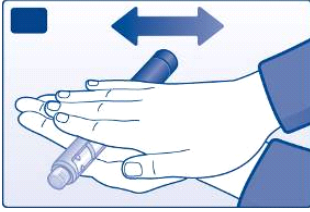
Let the insulin reach room temperature before you use it.  
This makes it easier to resuspend.

Remove the injection pen cap.



#### B

**Before your first injection with a new FlexPen, you must resuspend the insulin:**  
Roll the pen between your palms 10 times – it is important that the pen is kept **horizontal** (level with the ground).



### C

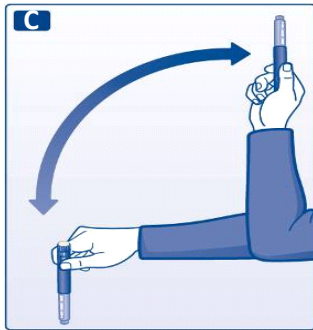
Then move the pen up and down 10 times between the two positions shown, so the **glass ball moves** from one end of the cartridge to the other.

Repeat rolling and moving the pen until the liquid appears uniformly white, cloudy and aqueous.

### For every following injection

Move the pen up and down between the two shown positions at least 10 times until the liquid appears uniformly white, cloudy and aqueous.

- Always make sure that you have resuspended the insulin before each injection. This reduces the risk of too high or too low blood sugar level. After you have resuspended the insulin, complete all the following steps of injection without delay.



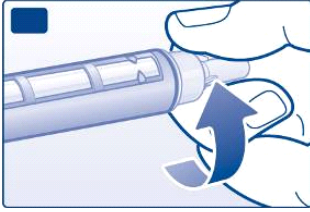
- ⚠ Always check there are at least **12 units of insulin** left in the cartridge to allow resuspension. If there are less than 12 units left, use a new FlexPen. 12 units are marked on the residual dose scale. See the large picture at the top of these instructions.
- ⚠ Do not use the pen if the **resuspended** insulin does not look **uniformly white, cloudy and aqueous**.

### Attaching a needle

#### D

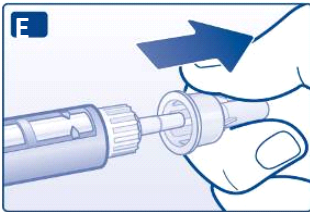
Take a new needle and tear off the paper tab.

Screw the needle straight down, firmly onto your FlexPen.



**E**

Pull off the large outer needle cap and keep it for later.



**F**

Pull off the inner needle cap and dispose of it.

Never try to put the inner needle cap back on the needle. You may stick yourself with the needle.



Always use a new needle for each injection. This reduces the risk of contamination, infection, leakage of insulin, blocked needles and inaccurate dosing.



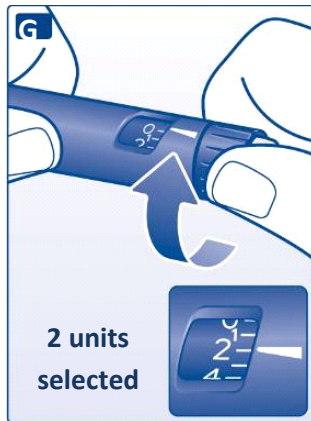
Be careful not to bend or damage the needle before use.

### Checking the insulin flow

**Before each injection, small amounts of air may collect in the cartridge during normal use. To avoid injection of air and ensure proper dosing:**

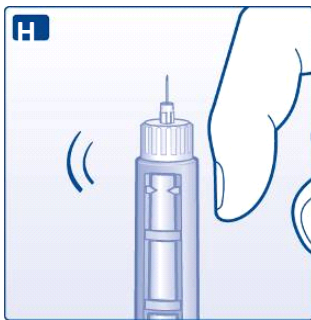
**G**

Turn the dose selector to select 2 units.



**H**

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



**I**

Keeping the needle pointing upward, press the injection button all the way in. The dose selector returns to 0.

A drop of insulin should 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 you must use a new one.

- ⚠ Always make sure that a drop appears at the needle tip before you inject. This makes sure that the insulin flows.  
If no drop appears you will not inject any insulin, even though the dose selector may move. This may indicate a blocked or damaged needle.
- ⚠ Always check the flow before you inject. If you do not check the flow, you may get too little insulin or no insulin at all. This may lead to too high blood sugar level.

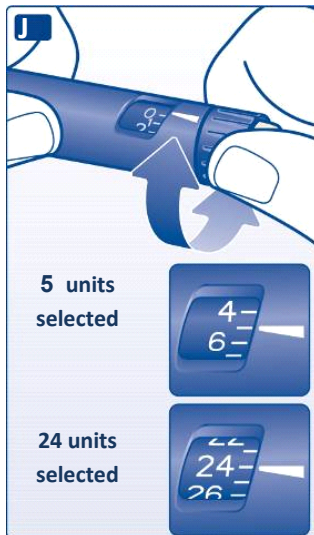
## Selecting your dose

**Check that the dose selector is set at 0.**

Turn the dose selector to select the number of units you need to inject.

The **dose can be corrected** either up or down by turning the dose selector in either direction until the correct dose lines up with the pointer. When turning the dose selector, be careful not to push the injection button as insulin will come out.

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



- ⚠ Always use the dose selector and the dose pointer to see how many units you have selected before injecting the insulin.
- ⚠ Do not count the pen clicks. If you select and inject the wrong dose, your blood sugar level may get too high or too low. Do not use the residual scale; it only shows approximately how much insulin is left in your pen.

## Making the injection

**Insert the needle into your skin. Use the injection technique shown by your doctor or nurse.**

### K

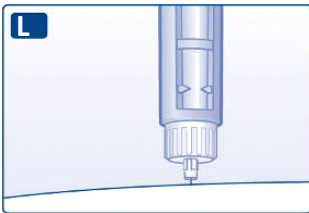
Inject the dose by pressing the injection button all the way in until the 0 lines up with the dose pointer. Be careful only to push the injection button when injecting.

Turning the dose selector will not inject insulin.



**L**

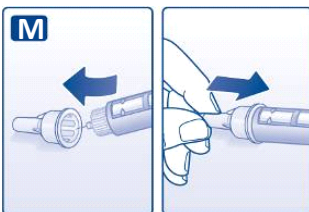
- ▶ Keep the **injection button fully depressed** and let the needle remain under the skin for **at least 6 seconds**. This will make sure you get the full dose.
- ▶ Withdraw the needle from the skin, then release the pressure on the injection button.
- ▶ Always make sure that the dose selector returns to 0 after the injection. If the dose selector stops before it returns to 0, the full dose has not been delivered, which may result in too high blood sugar level.



**M**

Lead the needle into the large outer needle cap without touching it. When the needle is covered, carefully push the large outer needle cap completely on and then unscrew the needle.

Dispose of the needle carefully and put the pen cap back on your FlexPen.



- ⚠ Always remove the needle after each injection and store your FlexPen without a needle attached. This reduces the risk of contamination, infection, leakage of insulin, blocked needles and inaccurate dosing.

#### Further important information

- ⚠ Caregivers must be very careful when handling used needles to reduce the risk of needle sticks and infections.
- ⚠ Dispose of the used FlexPen carefully without a needle attached.

- ⚠ Never share your injection pen or your needles with other people. It might lead to infection.
- ⚠ Never share your injection pen with other people. Your medicine might be harmful to their health.
- ⚠ Always keep your injection pen and needles out of sight and reach of others, especially children.