

# a guide to your insulin therapy with NovoRapid®



This guide is intended for people who have been prescribed NovoRapid®

Please read the full instruction leaflet that comes with your NovoRapid®

**NovoRapid®**  
(insulin aspart)



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# About NovoRapid®

## What is NovoRapid®?

NovoRapid® is a rapid-acting analogue insulin for the treatment of diabetes. It differs from soluble human insulin by a single amino acid. This change enables it to act more quickly than injected soluble human insulin and to mimic more closely the body's own insulin. NovoRapid® is called a bolus or mealtime insulin.

## How is it used?

NovoRapid® is used to cover your mealtime insulin requirements.

## What does it do?

When injected, NovoRapid® lowers your blood glucose. It works for a short time, long enough to cover your mealtime insulin requirements.

## How long does NovoRapid® work for?

NovoRapid® has a shorter duration of action than soluble human insulin. The blood glucose lowering effect of NovoRapid® lasts for about 3-5 hours.

# Taking NovoRapid®

## How do I recognise NovoRapid®?

NovoRapid® comes in:

- 3ml cartridges (called Penfill®) for use in your durable Novo Nordisk insulin delivery device
- FlexTouch® or FlexPen®, both of which are pre-filled insulin delivery devices
- 10ml vials, for use with a traditional insulin syringe and needle
- PumpCart®, for use with insulin pump devices

You can identify NovoRapid® by the printing on the Penfill® cartridge, FlexTouch®, FlexPen® or PumpCart® and by its orange colour coding. The NovoRapid® FlexPen® also has two raised horizontal stripes on the push button that you can feel with your fingertip. The solution inside the cartridge is clear and colourless.



# Injecting NovoRapid®

## When do I need to take NovoRapid®?

NovoRapid® can be injected immediately before or straight after a meal.

NovoRapid®	
Time of injection	Dose
Meal 1:	
Meal 2:	
Meal 3:	
(Meal 4):	

## What to do before injecting NovoRapid®?

- Check the label on your cartridge, vial, FlexTouch® or FlexPen® to make sure you have the right insulin. Remember, NovoRapid® is always colour coded orange
- Check for any damage to your cartridge, vial, FlexTouch® or FlexPen®. If it is damaged, do not use it and use a new one instead
- You do not need to resuspend NovoRapid® before you inject
- Before each injection you must do an air-shot of a couple of units to remove any air bubbles from the insulin and the needle
- Remember to use a new needle each time you inject NovoRapid®



# Injecting NovoRapid®

## How do I inject NovoRapid®?

NovoRapid® is for injection under the skin (subcutaneously). Never inject your insulin directly into a vein or muscle. Always use the injection technique shown to you by your doctor or diabetes nurse.

## Where should I inject NovoRapid®?

The recommended places to inject your insulin are the front of your thighs, buttocks, your upper arm or your abdomen (to the front of your body about waist height).

## Should I always inject NovoRapid® in the same place?

As with other insulins, NovoRapid® may work a bit differently when injected in different parts of the body. It is therefore advisable to inject at different injection sites within the same part of your body, for example, always in your upper arm or always on the front of your thigh.

## How can I avoid lumps at the injection site?

Injecting yourself too often at the same site can cause lumps. To prevent this, simply choose a different injection site within the same area of the body each time you inject NovoRapid®.



## Your needle

### Can I use the needle again?

It is recommended to discard the needle after each injection.

### What happens if I use the same needle more than once?

The needle may become blunted, causing more pain when injecting. Also, leaving the needle on your injection device between injections may cause insulin to leak out.

# **Using NovoRapid® PumpCart®**

## How do I use NovoRapid® PumpCart®?

Follow the display messages shown on the screen of your insulin pump device, to insert a new NovoRapid® PumpCart® cartridge.

- When prompted in the display message, turn the adapter anti-clockwise
- When you reach an angle of about 120° remove the adapter
- When inserting cartridge, the plunger end goes in first
- Replace the adapter onto your insulin pump device
- Again, follow the display messages shown on the screen to continue using your insulin pump device

Before using NovoRapid® PumpCart® in a pump, you must have thorough training in the use of the pump.

# **Storing NovoRapid®**

## How do I store my NovoRapid®?

After injection, keep your NovoRapid® with you and protect it from excessive sunlight and heat. Always remember to put the cap back on your injection device.

## Do I need to keep my NovoRapid® in the refrigerator?

NovoRapid® that you are currently using does not need to be kept in the refrigerator. As long as it is kept at room temperature (not above 30°C) it can be used for up to 4 weeks. NovoRapid® that you are not currently using should be kept in the refrigerator (between 2–8°C) away from the freezer compartment. Any NovoRapid® that has been frozen must not be used. Always check the expiry date on the label or carton and do not use any NovoRapid® past the expiry date.

Novo Nordisk Customer Care

**0845 600 5055\***

Calls may be recorded for training purposes.

(Office hours 8.30am - 5.30pm on week days 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  
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\*Calls are charged at a local rate and no other costs are incurred by the caller. Calls may be monitored for training purposes.

**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](http://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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