

NovoPen Echo® Plus))

Supporting you with your NovoPen Echo® Plus

A guide for UK patients who have been prescribed a Novo Nordisk insulin with NovoPen Echo® Plus



Please read the complete user guide before you use your pen for insulin delivery for the first time and the Package Leaflet: Information for the patient provided with your insulin.

Please contact your healthcare professional if you have any questions about your treatment and for clinical advice.



Reporting 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: <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in the Google Play or Apple App Store. Side effects should also be reported to Novo Nordisk Limited (Telephone Novo Nordisk Customer Care Centre 0800 023 2573). Calls may be monitored for training purposes. By reporting side effects you can help provide more information on the safety of this medicine.

This leaflet has been produced and funded by Novo Nordisk for UK patients who have been prescribed a Novo Nordisk insulin with NovoPen Echo® Plus. This information does not replace the Package Leaflet: Information for the patient, which you are advised to read in full. It is not intended as a substitute for clinical advice provided by your healthcare professional. Please contact your healthcare professional if you have any questions about your treatment and for clinical advice. This material is designed to be viewed digitally. It contains hyperlinks which are viewable online only.



This leaflet has been made with you in mind, to help support you throughout your treatment.

It will give you:

- Information about your NovoPen Echo® Plus
- An explanation of how to use your NovoPen Echo® Plus
- Some things to remember when using your NovoPen Echo® Plus



This is not a real patient and is for illustrative purposes only.

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Why do I need a NovoPen Echo[®] Plus?

Having diabetes means that managing your blood sugar levels is very important. You and your doctor or nurse have decided that your type of insulin is the best way to help you do this. Your insulin is injected using a re-usable pen called NovoPen Echo[®] Plus.

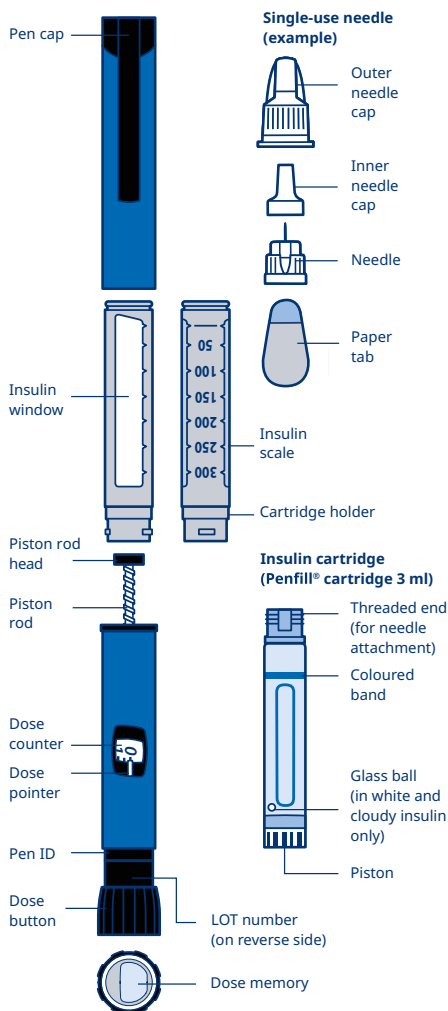
More information on the insulin in your pen and what is covered in the rest of this leaflet can be found in the **Package Leaflet: Information for the patient** enclosed with your insulin and the **user guide** with your device. Please take the time to read through these. If you still have any questions or queries, please speak with your doctor or nurse.

Do not use NovoPen Echo[®] Plus without proper training from your doctor or nurse. Make sure you are confident in making an injection with the pen before you start your treatment with it.



About your NovoPen Echo[®] Plus

NovoPen Echo[®] Plus is a re-usable insulin pen with half unit measurements and a dose memory function. It is also available in red or blue. This is so that you can use different colours if you use more than one type of insulin.



Make sure you check the label on your insulin cartridge to ensure you have the correct insulin.

Pen cap

- This protects your insulin from light

Insulin scale

- This shows you approximately how much insulin is left in your pen

Dose button

- You can turn the dose button in either direction until your dose lines up with the pointer
- You cannot select a dose larger than the number of units left in the cartridge

Outer needle cap

- Keep this to one side when you are injecting your dose



How to use your NovoPen Echo[®] Plus

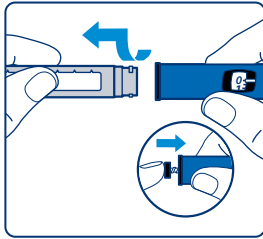
Please refer to the Package Leaflet: Information for the patient enclosed with your insulin and the user guide with your device for full instructions on how to use your NovoPen Echo[®] Plus.

NovoPen Echo[®] Plus can also give doses which include half units. Before you use it for the first time, your doctor or nurse will show you how to use it. If you are blind or have severe visual problems, do not use NovoPen Echo[®] Plus without help.

NovoPen Echo[®] Plus is designed to be used with **Novo Nordisk Penfill[®] cartridges 3 ml** and **NovoFine[®] 4 mm** single-use disposable needles. Please make sure that you have a NovoFine[®] needle before you inject your insulin.

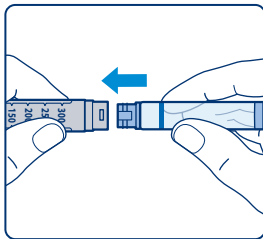
Mixing up your insulin can have serious medical consequences. If you use two types of insulin, it is recommended that you discuss with your healthcare professional how to avoid mix-ups.

Step 1



Insert an insulin cartridge

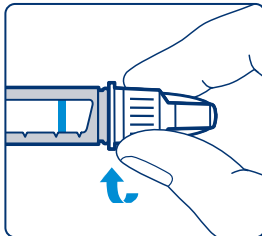
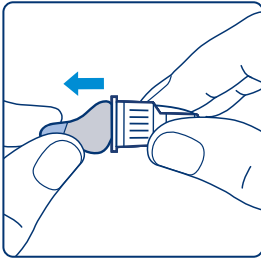
- Make sure you have the right insulin by checking the name and colour of your cartridge
 - Ensure that the cartridge is not damaged, with no cracks or leakages. Please check your cartridge Package Leaflet: Information for the patient for more information on how to do this
- Pull off the pen cap and twist off the cartridge holder. Put it to one side to use later
- If the **piston rod** sticks out of your pen, push it **completely in** until it stops
 - The piston rod and piston rod head may be loose and move on their own. This is normal and does not affect how the pen works



- Take a new insulin cartridge. Hold the cartridge holder and let the cartridge slide in with the **threaded end first**
- Twist the cartridge holder back onto the pen until you **hear or feel a click**

If you are using an insulin that is white and cloudy, you will need to make sure that your insulin is properly re-mixed (re-suspended) at this point. Please see your Package Leaflet: Information for the patient enclosed with your insulin for instructions on how to do this.

Step 2



Prepare and attach your needle

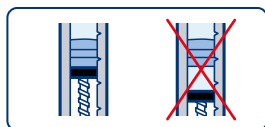
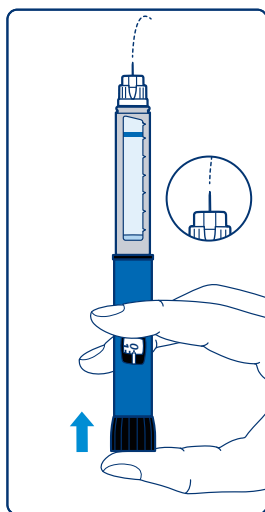
- Take a new needle and tear off the paper tab
- Push the needle **straight** onto the pen
- Turn until it is on tight
- Pull off the outer needle cap and set it aside. You will need it after the injection, to safely remove the needle from the pen
- Pull off the inner needle cap and throw it away
- A drop of insulin may appear at the needle tip. This is normal, but you must **still test the insulin flow**

The needle is covered by two caps. Please make sure to remove both caps. If both are not removed, your insulin will not be injected and your blood sugar levels may get too high.

Step 3

Check the flow

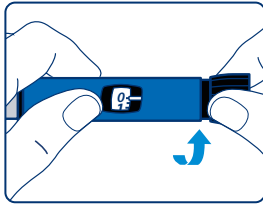
With **each dose, ALWAYS test the flow before you inject**. Keep testing until insulin squirts from the needle tip. This makes sure that any gaps and air bubbles are removed and that insulin is getting through the needle.



To test the flow:

- Pull out the dose button, if it is not already out
- Turn the dose button to select **2 units**. Make sure the dose counter shows **2**
- Hold the pen with the needle pointing up
- Press the **dose button** all the way in until the dose counter shows **0**. The **0** must line up with the dose pointer
- You should see insulin squirt from the needle tip
- If no insulin appears, repeat the steps from the '**check the flow**' section until the insulin squirts from the needle tip
- If no insulin appears after several attempts, check the insulin window to see if there is a gap between the black piston rod head and the piston. If you do not see any gap, change the needle and test the insulin flow again
- **The insulin flow test is complete when you see insulin squirt from the needle tip.** Do not try to inject if no insulin appears. If insulin does not appear after testing the flow repeatedly, please contact your doctor or nurse as you may need a new pen

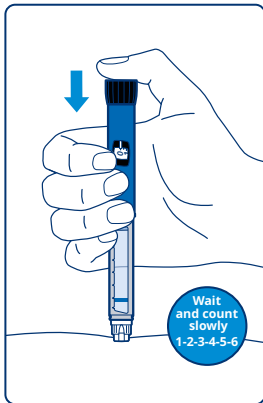
Step 4



Select your dose

- Pull out the dose button if it's not already out and make sure the dose counter shows **0** before you start
- Turn the dose button to select the dose you need
 - The dose button can be turned forwards and backwards to adjust the dose

Step 5

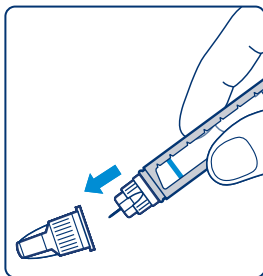


Inject your dose

- Insert the needle into your skin as your doctor or nurse has shown you
- Press and hold the dose button down until the **dose counter reaches 0**
- Keep the needle in position and **count slowly to 6**
 - Doing this makes sure that you get your full insulin dose
- Pull the needle and pen **straight up** from your skin

If the needle is removed earlier, you may see a squirt of insulin coming from the needle tip. If so, the full dose will not be delivered, and you should increase the frequency of checking your blood sugar levels.

Step 6



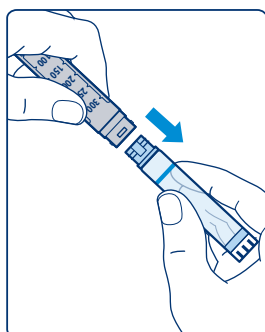
After the injection

- Remove the needle right away by screwing it into a sharps container
- If you do not have a sharps container, guide the needle tip into the outer needle cap

- You can use a flat surface to do this and make sure you **do not touch the needle or the outer needle cap before it covers the needle**
- Once the needle is completely covered, carefully push the outer needle cap completely on. **Never try to put the inner needle cap back on the needle.** You may stick yourself with the needle
- Unscrew the needle by holding the black cartridge holder and dispose of it carefully
- Put the pen cap back on
 - This protects your insulin from light

Always dispose of the needle immediately after each injection using a sharps bin. Never store your pen with the needle attached. Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children. Sharps bins must not be disposed of in household waste. Discuss with your healthcare professional the procedure for disposing of sharps bins in your area.

Step 7



How to replace a used insulin cartridge

- Once the needle is off, twist off the cartridge holder
- Tilt the cartridge holder and let the cartridge slide out. Throw it away as your doctor or nurse has instructed you
- Push the piston rod back in. Then insert a new cartridge and twist the cartridge holder back on



Important things to know about your NovoPen Echo® Plus



Dose selection

NovoPen Echo® Plus allows you to select a dose from 0.5–30 units. This includes doses that have half units. You can select your dose by pulling out the dose button and turning it in either direction until your dose lines up with the pointer.



Dose memory

NovoPen Echo® Plus has **dose memory**. This means that it helps you remember how much insulin you last injected and how much time has passed since then.

Number of units last injected



Time passed since last injection (hh:mm:ss)

- The number at the top shows the **number of units** last injected. Half units are also shown
- The timer below counts the **hours, minutes and seconds** (hh:mm:ss) that have passed since your last injection



How to activate the dose memory

The dose memory must be activated to be able to connect to the device. To activate the dose memory, dial a dose greater than 0 and push the dose button until the end. This can be done with or without an insulin cartridge inserted in the pen. If done with an insulin cartridge inserted, a needle must be attached to the pen. The dose memory is fully activated when the dose memory display shows the details of the first dose just taken.

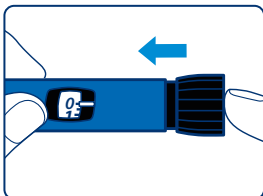
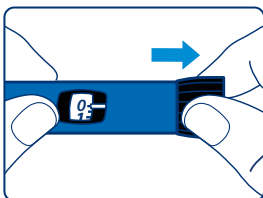


How to check your last dose

The dose memory records your dose after an injection — when the dose counter returns to **0** and the dose button is pressed completely in.

The dose memory only shows the details of the last injection or insulin flow test.

This means that when you test the insulin flow **before a new injection**, it will overwrite the details of your last injection.



To view your last dose, you will need to:

- Make sure the dose counter shows **0**
- Pull out the dose button
- Push the dose button back in. Do not twist the dose button
- The dose memory will show the details of your last dose. After **15 seconds**, it will turn off

The dose memory display does not tell you how much insulin you need for your next injection. If in doubt about how much insulin you need to inject, check your blood sugar level or contact your doctor or nurse. Otherwise, you may get too much or too little insulin.



Your injection history

The dose memory of your pen saves your injection history for approximately the past **3 months**.



Personal injection log

The dose memory in your pen means that you can transfer your injection history from your pen to a **smartphone, tablet, personal computer, blood glucose meter or another device that supports this**.

NovoPen Echo® Plus works with different glucose monitoring apps. Your insulin dosing information can be transferred to your preferred compatible app and viewed side-by-side with glucose information (from BGM, CGM or FGM). This shows how your personal injection routines affect your sugar levels.

BGM = blood glucose monitoring; CGM = continuous glucose monitoring; FGM = flash glucose monitoring.

The NFC spot is usually in the middle of the back on an Android™



The NFC spot is usually at the top of the front on an iPhone®



To transfer the information, you just need to:

- Check the app you are using to see how to prepare your pen
- Hold the dose memory of the pen straight against the NFC spot on your device and ensure the pen stays in contact with the NFC spot (check the user manual for your device to find out if it supports NFC, and where the NFC spot is located on your device)
- Keep the position and wait while the details of your latest injections are automatically transferred to your device
- Follow the instructions on the app to view your injection history

Your pen has a unique **pen ID** on the dose button. This is linked to your injection details in your personal injection log. If you use different pens, the pen ID will tell you which pen the injection details are from.



How much insulin is left?

You will be able to see how much insulin is left in your cartridge by using the dose counter. To check this you need to:

- Turn the dose button until it stops
- Check the dose counter:



If it shows 30, **30 units or more** are left in the cartridge



If it shows a number less than 30, it is showing the **number of units left** in the cartridge

- Make sure to turn the dose button back until the dose counter shows **0** when you are done

You can also use the **insulin scale** to see **approximately** how much insulin is left in the cartridge.



If you need more insulin than there is in the cartridge, it is recommended to take the full dose with a new cartridge

Only split your dose between cartridges if you have been advised by your doctor or nurse.

If you do this wrong, you could inject too much or too little insulin. This could lead to your blood sugar becoming too low or too high.

If you are ever in doubt, take the full dose with a new cartridge. If you feel unwell after splitting your dose, check your blood sugar and contact your doctor or nurse.



Always use a new needle for each injection

This reduces the risk of blocked needles, contamination, infection and inaccurate dosing.

Never use a bent or damaged needle.

Do not attach a new needle to your pen until you are ready for your next injection.



Be sure to carry a spare pen, extra cartridge and new needles with you

Just in case you lose or damage any needles or the pen that you are currently using.



Always keep your pen, insulin cartridges and needles out of sight and reach of others, especially children



Never share your pen, insulin cartridges or needles with other people



Do not use your insulin after the expiry date

This can be found on the cartridge label.



Always keep your pen with you

Do not leave it in your car or other places where it can get too hot or too cold.



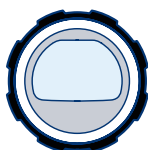
If you accidentally twist your pen apart between injections, it is important to test the flow of insulin before your next injection

You may need to do it several times before insulin squirts from the needle tip. If insulin does not appear, you may get no insulin at all.



Special display messages

Under certain circumstances, your NovoPen Echo® Plus may show a message on its screen that you are unfamiliar with. Please see the guidance on the following pages and check your user guide for your device if this happens.



The dose memory is inactive, or the battery is flat

- Make sure the dose memory is activated. The dose memory will be activated when you inject with your NovoPen Echo® Plus for the first time
- Pull out the dose button, then push it back in to show the details of your last dose. If the display stays blank, this means the battery is flat
- If this is the case, please contact your doctor or nurse for a replacement. You can still use your pen for your insulin injections until you get a new one



The dose memory has not registered your last injection

- If you see this message, you have received the insulin you last injected, but the dose memory did not register the injection
- Normally, the dose memory will start working again after your next injection
- If not, contact your doctor or nurse for a replacement. You can still use the pen for your insulin injections without using the dose memory
- If you do not know how much insulin you injected and/or how long ago, please check your blood sugar levels repeatedly before you take more insulin



The pen's battery is running low and the dose memory is approaching the end of its life

- The battery lasts for **4 to 5 years** if used for the first time before the date printed on the outside carton. When the battery is running low and the dose memory display has shown "End" for a while, the display will turn blank and stop working
- If the display stops working, please contact your doctor or nurse for a replacement
- **You can still use your pen for your insulin injections until you get a new one**



How to care for your NovoPen Echo[®] Plus

Keeping your pen in good condition is key in making sure you get the full and correct dose of insulin.



Keep your pen at room temperature while it is in use. Make sure you do not leave it somewhere it could get too hot or too cold.

- For example, make sure you do not leave your pen in a car or put it in the fridge
 - If your pen has an insulin cartridge inserted, please follow the storage instructions in the Package Leaflet: Information for the patient that is enclosed with the cartridge



Keep your pen clean and dry

- Keep your pen away from direct sunlight, and do not expose it to dust, dirt, liquid or extreme temperatures
- If your pen does get dirty, you can clean it with a mild detergent on a damp cloth
 - Make sure you do not wash, soak, or lubricate your pen
- Keep the pen cap on the pen when you are not using it
 - Do not store your pen with a needle attached



Be careful with your pen and do not drop or knock it against hard surfaces

- If you do drop it or think something may be wrong, check the insulin cartridge for damages and replace with a new one if necessary



Once your cartridge is empty, you must dispose of it

- Do not try to refill it



If your pen is broken, use a new one

- Do not try to repair or pull apart your pen. Please contact your doctor or nurse to get a new one



What to do when you have finished with your pen or cartridge

When your cartridge is empty, or your pen is ready to be replaced, it is important to dispose of it correctly. You must not throw your cartridge or used needles away in household waste. Be sure to remove the insulin cartridge and needle before you throw away your pen. The right way to do this may vary depending on where you live and how your diabetes care is managed, but you should speak to your diabetes nurse or pharmacist to understand how best to dispose of your insulin cartridge, pen and needles.

For information about your insulin, please refer to your Package Leaflet: Information for the patient, or ask your doctor or nurse for guidance.

If you have any questions or need anything explaining further, please contact your doctor, nurse or local pharmacist. They will be able to support you with any queries you may have and, if necessary, advise you on who to contact for more information.

www.novonordisk.co.uk ↗

Novo Nordisk have been working in diabetes since 1923. To find out more about our work, please visit our website.

circular
FOR **zero**

We are adopting a circular mindset, designing products that can be recycled or re-used, reshaping our business to minimise consumption and waste, and working with suppliers who share our ambition. We call this Circular for Zero.



For NovoPen Echo® Plus information and patient resources, visit connectedpen.co.uk ↗ or scan the QR code.



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