



A guide to...

Insulin NovoMix® 30

(As part of a three-injection insulin regime)

Patient Information

How to contact us:

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Introduction

NovoMix® 30 is a mixed insulin with both a rapid-acting and an intermediate acting effect, in the ratio 30/70.

The rapid acting component takes effect within 10 to 20 minutes, with the maximum effect between one to four hours. The longer acting component has its main effect up to 14 hours after the injection.

Mixed insulin products are improved versions of human insulin. NovoMix® 30 is used to reduce the high blood glucose level in adults, adolescents and children aged 10 years and above with Type 1 diabetes.

How to use NovoMix® 30 as part of a three-injection insulin regime

- Always use your insulin and adjust your dose exactly as your diabetes team has told you. Check with your diabetes team if you are not sure.
- NovoMix® 30 must be mixed before use (see directions below).
- Whilst taking NovoMix® 30 you **must** inject 15 minutes before eating breakfast, and you must eat a carbohydrate containing breakfast. *** If you do happen to forget to take your dose of NovoMix® 30 please contact the Children's Diabetes Team for advice.**
- A mid-morning snack is required when taking NovoMix® 30 to avoid hypos.
- After school, Novorapid or Fiasp to be used at next meal, and for correction doses. This can be carbohydrate counted using your insulin to carbohydrate ratio, or a fixed amount advised by your diabetes team.
- Correction doses of insulin can be given four hours after the last NovoMix® 30 dose. If you are unsure how to calculate a correction dose, then please contact the diabetes team for advice.
- Breakfast and lunch should be at set times and should contain approximately the same amount of carbohydrate.
- Basal insulin (e.g Lantus, Levemir, Tresiba) should be given in the evening around bedtime, at the dose advised by your diabetes team.

How to mix NovoMix® 30

Every time you use a new pen/cartridge let the insulin reach room temperature before you use it. This makes it easier to resuspend.

Please note, NovoMix® 30 can be prescribed and dispensed as a disposable pen with a fixed cartridge or loose cartridges to fit within a non-disposable pen. The term 'pen' can refer to either disposable or non-disposable.

1. Pull off the pen lid.
2. Before your first injection with a new pen/cartridge, you must resuspend the insulin: Roll the cartridge between your palms 10 times – it is important that the cartridge is kept horizontal (parallel with the ground).
3. If you are using cartridges in a non-disposable pen, insert the cartridge into the pen at this stage.
4. Then move the pen up and down 10 times between the two positions (horizontal and vertical) so the glass ball moves from one end of the cartridge to the other. Repeat rolling and moving, until the liquid appears uniformly white, cloudy and watery.

For every following injection

Move the pen up and down between the two positions (horizontal and vertical) at least 10 times until the liquid appears uniformly white, cloudy and watery. Always make sure that you have resuspended the insulin prior to each injection. This reduces the risk of blood glucose levels becoming too high or too low. After you have resuspended the insulin, complete all the following checks:

- 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 cartridge.
- Do not use the pen if the resuspended insulin does not look uniformly white, cloudy and watery.