

# NovoLog<sup>®</sup> Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

## Patient Information

### NovoLog<sup>®</sup> Mix 70/30 (NO-vo-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

**This is a BRIEF SUMMARY of important information about NOVOLOG<sup>®</sup> MIX 70/30.** This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

### Important:

**Know your insulin.** Do not change the type of insulin you use unless told to do so by your healthcare provider. The amount of insulin you take as well as the best time for you to take your insulin may need to change if you take a different type of insulin.

Make sure you know the type and strength of insulin prescribed for you.

### What is NovoLog<sup>®</sup> Mix 70/30?

NovoLog<sup>®</sup> Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus. It is not known if NovoLog<sup>®</sup> Mix 70/30 is safe or effective in children.

### Who should not use NovoLog<sup>®</sup> Mix 70/30?

#### Do not take NovoLog<sup>®</sup> Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia).
- You are allergic to any of the ingredients in NovoLog<sup>®</sup> Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog<sup>®</sup> Mix 70/30. Check with your healthcare provider if you are not sure.

### What should I tell my healthcare provider before taking NovoLog<sup>®</sup> Mix 70/30?

#### Before you use NovoLog<sup>®</sup> Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog<sup>®</sup> Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog<sup>®</sup> Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog<sup>®</sup> Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog<sup>®</sup> Mix 70/30 while you breastfeed.

### Tell your healthcare provider about all medicines you take,

including prescriptions and non-prescription medicines, vitamins and herbal supplements. NovoLog<sup>®</sup> Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog<sup>®</sup> Mix 70/30 works. Your NovoLog<sup>®</sup> Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

### How should I take NovoLog<sup>®</sup> Mix 70/30?

- Take NovoLog<sup>®</sup> Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog<sup>®</sup> Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog<sup>®</sup> Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before**

**you eat a meal.** Do not inject NovoLog<sup>®</sup> Mix 70/30 if you are not planning to eat within 15 minutes.

- **If you have Type 2 diabetes, you may inject NovoLog<sup>®</sup> Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog<sup>®</sup> Mix 70/30 with other insulin products.
- **Do Not** use NovoLog<sup>®</sup> Mix 70/30 in an insulin pump.
- **Inject NovoLog<sup>®</sup> Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog<sup>®</sup> Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog<sup>®</sup> Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog<sup>®</sup> Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog<sup>®</sup> Mix 70/30 before you start using it.
- NovoLog<sup>®</sup> Mix 70/30 comes in:
  - 10 mL vials for use with a syringe
  - 3 mL NovoLog<sup>®</sup> Mix 70/30 FlexPen<sup>®</sup>
- **If you take too much NovoLog<sup>®</sup> Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog<sup>®</sup> Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
  - increased thirst
  - frequent urination
  - loss of appetite
  - high amounts of sugar and ketones in your urine
  - nausea, vomiting (throwing up) or stomach pain
  - Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

### Your insulin dosage may need to change because of:

- illness
- stress
- change in physical activity or exercise
- change in diet
- other medicines you take

See the end of this patient information for instructions about preparing and giving your injection.

### What should I consider while using NovoLog<sup>®</sup> Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog<sup>®</sup> Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
  - low blood sugar
  - decreased or no warning signs of low blood sugar

### What are the possible side effects of NovoLog<sup>®</sup> Mix 70/30?

#### NovoLog<sup>®</sup> Mix 70/30 may cause serious side effects, including:

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
  - sweating
  - blurred vision
  - trouble concentrating or confusion
  - headache
  - hunger
  - shakiness
  - slurred speech

- fast heart beat
- anxiety, irritability or mood changes
- dizziness or lightheadedness
- tingling of lips and tongue

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog<sup>®</sup> Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog<sup>®</sup> Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
  - a rash over your whole body
  - have trouble breathing
  - a fast heartbeat
  - sweating
  - feel faint

The most common side effects of NovoLog<sup>®</sup> Mix 70/30 include:

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog<sup>®</sup> Mix 70/30. Ask your healthcare provider or pharmacist for more information.

### What are the ingredients in NovoLog<sup>®</sup> Mix 70/30?

- **Active Ingredients NovoLog<sup>®</sup> Mix 70/30 FlexPen<sup>®</sup> and Vial:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients NovoLog<sup>®</sup> Mix 70/30 FlexPen<sup>®</sup>:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.
- **Inactive Ingredients NovoLog<sup>®</sup> Mix 70/30 Vial:** mannitol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog<sup>®</sup> Mix 70/30 vials and NovoLog<sup>®</sup> Mix 70/30 FlexPen<sup>®</sup> are latex free.

### More detailed information is available upon request.

Available by prescription only.

For information about NovoLog<sup>®</sup> Mix 70/30 contact:

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Novo Nordisk<sup>®</sup>, NovoLog<sup>®</sup>, and FlexPen<sup>®</sup> are registered trademarks of Novo Nordisk A/S.

NovoLog<sup>®</sup> Mix 70/30 is covered by US Patent Nos. 5,547,930, 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

FlexPen<sup>®</sup> is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004 and other patents pending.

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## Tailgating | continued from page 15

off; there are blue-painted faces, happy and expectant, everywhere you turn. In the Northeast, the tailgating grill is not just a place for food but a place to keep warm, as New Yorkers and New Englanders wonder not *whether* they will beat their opponents but how bad the drubbing will be. But at Ole Miss, in the football-obsessed South, the tailgating celebration isn't just about the game; it's about tradition, in the grandest sense.



**OLE MISS GAME PROGRAMS,**  
circa the 1950s.

And for the Comer-Yawn bunch, the preparations take days. "If it's an early game [around noon], there are sausage balls, blueberry muffins, coffee cake, fruits, relish trays ... and Bloody Marys and mimosas," says Nannette Comer. "We buy groceries on Thursday, and cook Friday. Lois always brings fried chicken. Carl smokes a turkey breast. We have homemade deviled eggs, homemade rolls, and boiled shrimp, marinated shrimp, or crab" **continued on page 27**