

# NovoPen<sup>®</sup> 4

## Your NovoPen<sup>®</sup> 4 at a glance



### NovoPen<sup>®</sup> 4

**Dose counter**  
Use it to see the dose you select.

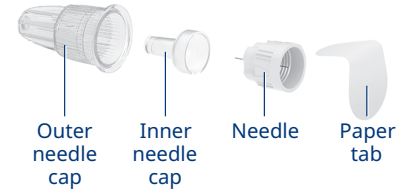
**Dose pointer**



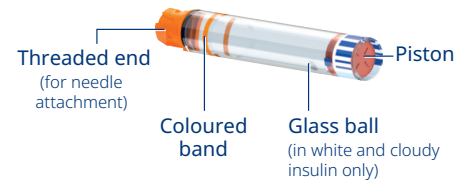
**Pen cap**  
Always replace it to protect the insulin from light.

**Dose button**  
Turn it to select your dose. Press it down to inject your dose.

### Single use needle



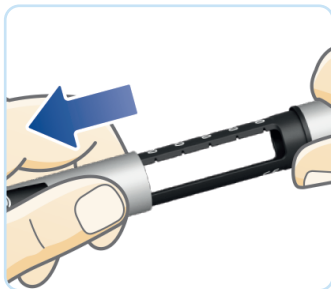
### Penfill<sup>®</sup> cartridge



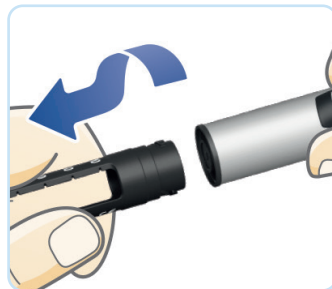
## Quick **step-by-step** guide to use

### INSERT PENFILL<sup>®</sup> CARTRIDGE AND ATTACH NEEDLE

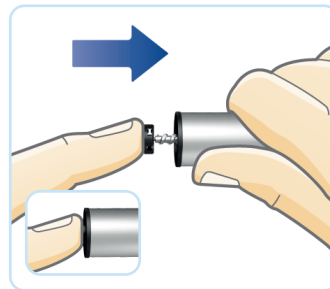
**STEP 1** Remove pen cap



**STEP 2** Twist off cartridge holder



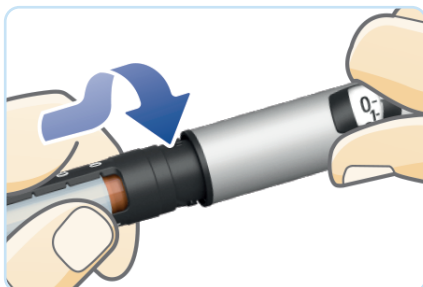
**STEP 3** If the piston rod sticks out, push in until it stops



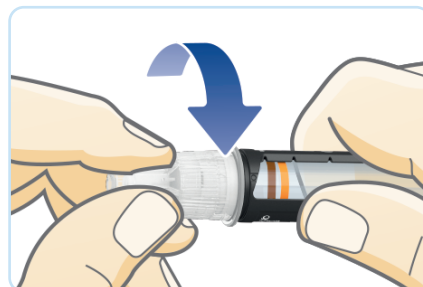
**STEP 4** Insert cartridge, threaded end first



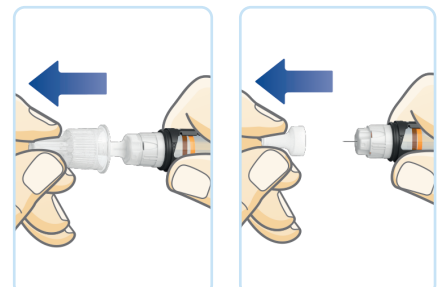
**STEP 5** Twist cartridge holder back on until you hear or feel a click



**STEP 6** Remove the paper tab from a new needle and push needle straight onto pen



**STEP 7** Remove outer and inner needle caps. Keep the outer cap for safe needle disposal



**For a full explanation of how to use your NovoPen<sup>®</sup> 4, please read the Instructions For Use that accompany your pen. Please turn over for important safety information.**



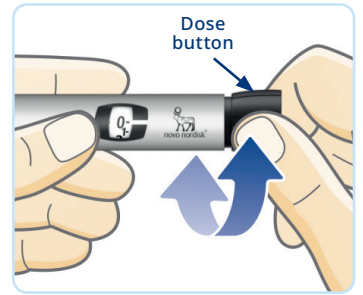
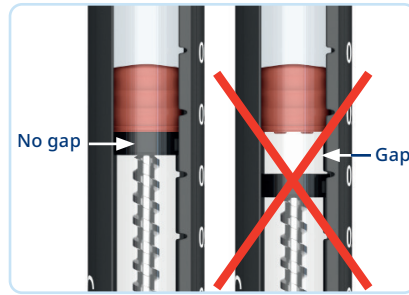
## ALWAYS TEST INSULIN FLOW AFTER INSERTING A PENFILL® CARTRIDGE

**STEP 1** Remove any gap between the piston rod head and the piston, and any air bubbles.

**STEP 2** Pull out the dose button and select **2 units**.

**STEP 3** Press the dose button until the dose counter shows **'0'**.

*If no insulin appears OR there is a gap, repeat steps 1-3 until the pen is ready for use.*



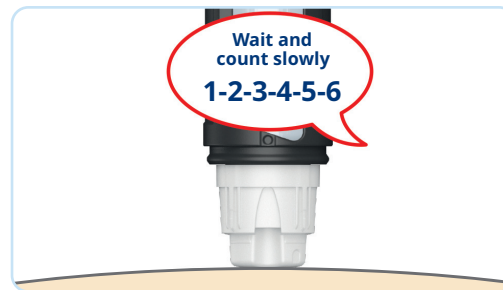
**If you do not check the insulin flow you may not receive your full insulin dose.**

## INJECT YOUR INSULIN

**STEP 1** With the dose counter at **0**, pull out the dose button and turn to select the number of units you wish to inject.



**STEP 2** Insert the needle and press the dose button until the dose counter shows **0**. Count slowly to **6** before you remove the needle.

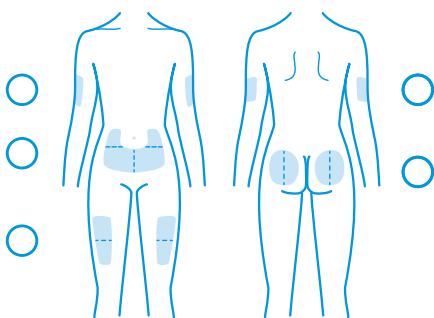


**Safely remove and dispose of the needle and put the pen cap back on.**

## INJECTION SITES

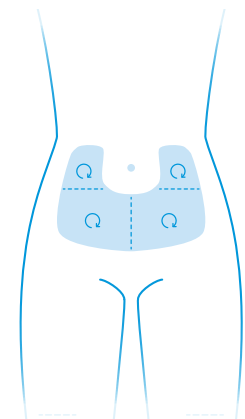
The main injection sites are the thighs, stomach, buttocks or back of the upper arms. Ask your doctor or nurse which sites are recommended for you.

Make a mark of your recommended injection site



To increase comfort, make sure you choose a different place to inject for every injection.

- Divide the injection sites into halves or quarters and use a different half/quarter every week.
- In each half or quarter, rotate the place of injection clockwise by about the width of a finger from the last injection point.



## FOR FURTHER INFORMATION OR SUPPORT



Questions about how to use your pen, or technical issues? Call Novo Nordisk Medical Information – **1800 668 626**

**NovoPen® 4**

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