

What is most important to remember?

- Novolog Mix 70/30® is used to lower blood sugar. It is important to use this medicine as directed by your doctor
- Do not start any new medicines, over-the-counter drugs or herbal remedies without talking to your doctor
- Tell all doctors, dentists and pharmacists that you are using Novolog Mix 70/30®
- Novolog Mix 70/30® can cause low blood sugar. Always keep a source of sugar handy for times when your blood sugar gets too low
- This insulin product should be uniformly cloudy
- Throw away all opened insulin after 28 days, even if it is not used up

If you have questions:

Ask your doctor, nurse or pharmacist for more information about Novolog Mix 70/30®

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Strong Internal Medicine



**Insulin Aspart Protamine and
Insulin Aspart
(Novolog Mix 70/30®):
Important Patient Information**



What does Novolog Mix 70/30® do?

- It is a combination insulin used to lower blood sugar in patient with high blood sugar (diabetes)

How should Novolog Mix 70/30® be used?

- Use this medicine as directed by your doctor
- It is given as a shot into the fatty part of skin
- Do not mix this insulin in the same syringe with other types of insulin
- Take 15 minutes before or right after a meal
- Store unopened vials in the refrigerator. **DO NOT FREEZE**
- You may store opened vials, cartridges, or pens at room temperature. **Throw away any part not used after 28 days**
- Do not use outdated insulin

Who should know I am taking Novolog Mix 70/30®?

- Keep a list of all your medicines (prescription, natural products, supplements, vitamins, over-the-counter) and give it to your healthcare provider (doctor, nurse, nurse practitioner, pharmacist, or physician assistant)

Are there any interactions with other drugs that I need to worry about?

- There are many drug interactions that may increase your risk of side effects
- Do not start new prescription, over-the-counter medicines, or herbal and dietary supplements without telling your doctor

What side effects could occur with Novolog Mix 70/30®?

- Low blood sugar: Signs may be dizziness, headache, feeling sleepy, feeling weak, shaking, sweating, confusion
- Upset stomach or throwing up
- Weight gain
- Skin irritation where the shot is given

What should I do if I forget to take a dose of Novolog Mix 70/30®?

- Novolog Mix 70/30® must be injected shortly before or after a meal. If you remember your dose before or shortly after a meal, inject the missed dose right away. If some time has passed since your meal, follow the instructions provided by your doctor or call your doctor to find out what you should do
- Do not inject a double dose to make up for the missed dose

What are some things that I need to be aware of when taking Novolog Mix 70/30®?

- Tell your doctor or pharmacist if you have an allergy to insulin, or any other drugs, foods, or substances
- Ask your doctor, nurse or pharmacist if you have any questions on how to use Novolog Mix 70/30®—they will be happy to show you how to use your insulin
- It is a good idea to wear a medical alert bracelet stating you are on insulin
- Check insulin before each use. It should be uniformly cloudy
- It may be harder to control your blood sugar during times of stress like when you have a fever, infection, an injury or surgery. Talk with your doctor
- Your doctor, nurse or pharmacist will show you the best places to inject your insulin. Rotating injection sites will help reduce skin irritation
- Use each needle only once. Throw away needles in a puncture proof container (your doctor, nurse or pharmacist can tell you where to get one of these)
- Always keep a source of sugar handy for times when your blood sugar gets too low. Sugar sources include orange juice, candy, low fat milk, or glucose gel or tablets
- Check your blood sugar often, particularly during times of illness or stress, if you travel, exercise more than usual, drink alcohol or skip meals. These activities can affect your blood sugar
- Limit or avoid drinking alcohol such as beer, wine, or mixed drinks
- Be sure you have the right insulin product. Insulin products come in many containers like vials, cartridges and pens. Be sure you know how to measure and get your dose ready

If you have any of the following side effects, call your doctor or visit the emergency room immediately:

- Signs of an allergic reaction: Rash; hives; itching; red, swollen, blistered or peeling skin with or without fever; wheezing; tightness of chest or throat; trouble breathing or talking; swelling of face, lips, tongue or throat
- Signs of infection: Fever, chills, very bad sore throat
- Shortness of breath, a big weight gain, swelling of arms or legs
- Very low blood sugar or very high blood sugar