

# Your guide to using NovoPen® 6 or NovoPen Echo® Plus

Reliable insulin  
dose recording  
happening here



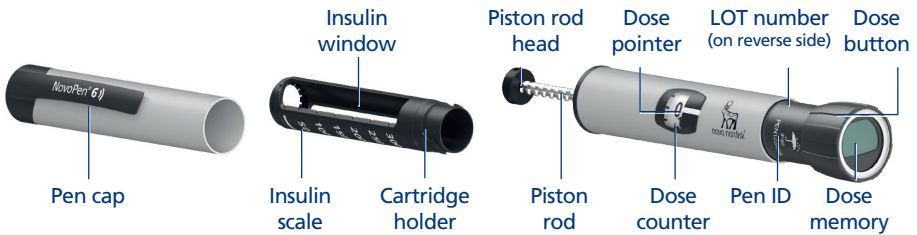
NovoPen® 6))  
NovoPen Echo® Plus))



Please refer to the professional information for further guidance.

# Smarter diabetes care with NovoPen® 6 and NovoPen Echo® Plus

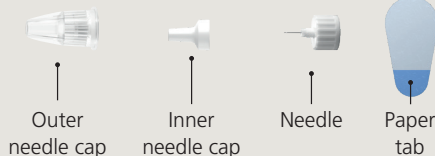
## How to use NovoPen® 6



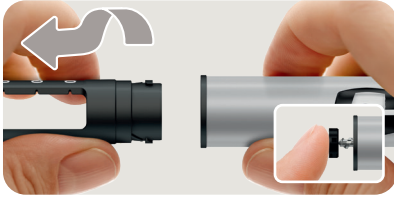
Do not share your NovoPen® 6 or PenFill® cartridges with other people. Sharing the pen can result in the spread of infections from one person to another even if the needle is changed. If you use two types of insulin, it is highly recommended that you use a different coloured pen for each insulin.

### NovoFine® needle 4mm/8mm

Always use a new needle for each injection. This reduces the risk of contamination, infection, blocked needles and inaccurate dosing.



Please see the User Manual that came with your NovoPen® 6 for complete instructions.



### 1. Prepare your pen

- Pull off the pen cap.
- Twist off the cartridge holder.
- **The piston rod may stick out** of your pen. If so, **push it in** until it stops.



### 2. Insert an insulin cartridge

- Take a new insulin cartridge and check that:
  - It contains the **correct** insulin, which looks as it should.
  - It has **no cracks or damage**.
- Slide the cartridge into the cartridge holder with the **threaded end first**.
- Twist the cartridge holder back on.



### 3. Attach a new 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 save it.
- Pull off the inner needle cap and throw it away.

Use a new needle for each injection.



### 4. ALWAYS test the Insulin flow before you inject.

- Keep testing until insulin squirts from the needle tip. This makes sure that any gap and air bubbles are removed and that insulin is getting through the needle.
- Select **2 units** and press the dose button until the dose counter shows "0".
  - **If no insulin appears**, repeat the insulin flow test. The insulin flow test is complete when you see insulin squirt.



### 5. Select your dose

- **Pull out the dose button**, if it is not already out.
- **Make sure the dose counter shows "0"** before you start.
- Turn the dose button to **select the dose you need**. You can turn forwards or backwards.



### 6. Inject your dose

- Insert the needle into your skin and press the dose button until the dose counter shows "0".
- **Then wait and count slowly to 6** before you remove the needle from your skin.
- **Safely remove and throw away** the needle. Put the pen cap back on. Do not store your pen with a needle attached.

# How to use NovoPen Echo® Plus

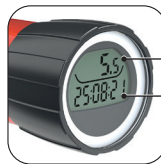
Ask your doctor or nurse about injection training.



## NovoPen Echo® Plus remembers your last dose

To check your last dose pull out the dose button and push it back in. After a brief display check, the dose memory will show how many units you last injected and how much time has passed since then up to 12 hours.

## Dose memory

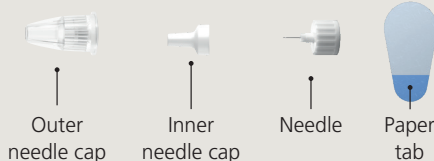


Number of units last injected  
Time passed since last injection (hours; minutes; seconds)

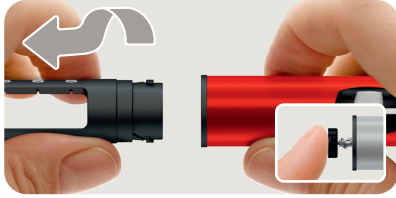
Do not share your NovoPen Echo® Plus or Penfill® cartridges with other people. Sharing the pen can result in the spread of infections from one person to another even if the needle is changed. If you use two types of insulin, it is highly recommended that you use a different coloured pen for each insulin.

## NovoFine® needle 4mm/8mm

Always use a new needle for each injection. This reduces the risk of contamination, infection, blocked needles and inaccurate dosing.



Please see the User Manual that came with your NovoPen Echo® Plus for complete instructions.



### 1. Prepare your pen

- Pull off the pen cap.
- Twist off the cartridge holder.
- **The piston rod may stick out** of your pen. If so, **push it in** until it stops.



### 2. Insert an insulin cartridge

- Take a new insulin cartridge and check that:
  - It contains the **correct** insulin, which looks as it should.
  - It has **no cracks or damage**.
- Slide the cartridge into the cartridge holder with the **threaded end first**.
- Twist the cartridge holder back on.



### 3. Attach a new 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 save it.
- Pull off the inner needle cap and throw it away.

Use a new needle for each injection.



### 4. Test the insulin flow

- **ALWAYS test the flow before you inject.** Keep testing until insulin squirts from the needle tip. This makes sure that any gap and air bubbles are removed and that insulin is getting through the needle.
- Select **2 units** and press the dose button until the dose counter shows "0".
- **If no insulin appears**, repeat the insulin flow test. The insulin flow test is complete when you see insulin squirt.



### 5. Select your dose

- **Pull out the dose button**, if it is not already out.
- **Make sure the dose counter shows "0"** before you start.
- Turn the dose button to **select the dose you need**. You can turn forwards or backwards.



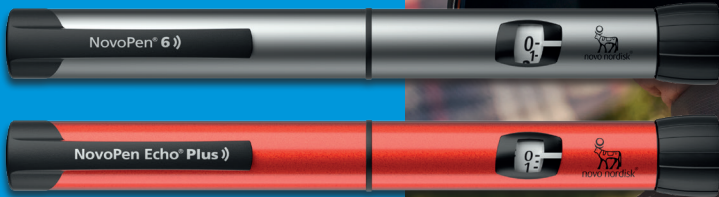
### 6. Inject your dose

- Insert the needle into your skin and press the dose button until the dose counter shows "0".
- **Then wait and count slowly to 6** before you remove the needle from your skin.
- Safely **remove and throw away** the needle. Put the pen cap back on. Do not store your pen with a needle attached.

# NovoPen® 6)) NovoPen Echo® Plus))

Did you know:

Your  
NovoPen  
can  
connect...



**NovoPen 6® comes in  
Blue & Grey:  
NovoPen Echo® Plus comes  
in Blue & Red**

Your NovoPen is not able to make recommendations on your insulin dose. If you have any questions or concerns about your dose, please contact your healthcare provider as soon as possible.

Please read the Patient Information Leaflet enclosed with the medication.



# Smarter diabetes care with NovoPen® 6 and NovoPen Echo® Plus

**Record** insulin dosing information



NovoPen® 6 and NovoPen Echo® Plus automatically record the time and date of all injected and flow check doses as well as the number of units dosed. They record and store the last 800 doses (corresponding to at least 3 months of use).

**Partner** with apps and in-clinic solutions



Insulin dosing information NovoPen® 6 and NovoPen Echo® Plus can be transferred to compatible apps or existing in-clinic solutions that partner with Novo Nordisk.

**Reveal** dosing patterns, behaviour and effects on glucose levels\*

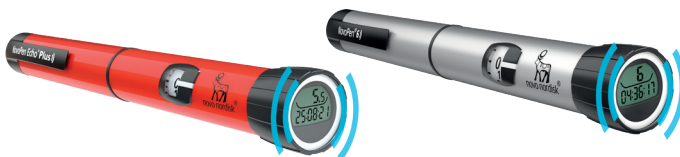


Data can be viewed alongside glucose information (from BGM, CGM or Flash GM). This reveals just how personal injection behaviour affects glucose levels.

**Support** personalised treatment decisions



Reliable data can make consultations more valuable and inform personalised treatment decisions based on real-world patient behaviour.<sup>1</sup>



\*To reveal effects on glucose levels, insulin dosing data will need to be viewed alongside glucose information in a compatible app. BGM, blood glucose monitoring; CGM, continuous glucose monitoring; GM, glucose monitoring.

# Important things to know about your NovoPen® 6 and NovoPen Echo® Plus

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



## Dose memory

NovoPen® 6 and NovoPen Echo® Plus have a **dose memory**. This means that it helps you remember how much insulin you last injected and how much time has passed since then.



## How to activate the dose memory

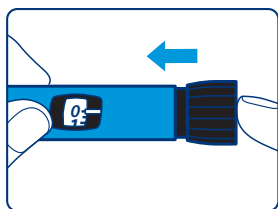
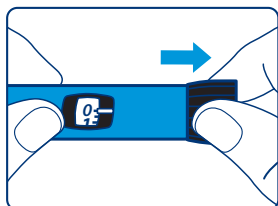
The dose memory must be activated to be able to connect to the device. To activate the dose memory, dial a dose greater than 0 and push the dose button until the end. This can be done with or without an insulin cartridge inserted in the pen. If done with an insulin cartridge inserted, a needle must be 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 does not tell you how much insulin you need for your 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® 6 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 glucose levels.

## 10 Important things to know about your NovoPen® 6 and NovoPen Echo® Plus

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.

## Special display messages



Under certain circumstances, your NovoPen® 6 or 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® 6 or 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

- Normally, the dose memory will start working again after your next injection
- If not, please 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 glucose levels



### 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**





**Reference: 1.** Ashrafzadeh S, Hamdy O. Patient-Driven Diabetes Care of the Future in the Technology Era. Cell Metabolism. 2019;29:1-12.

Novo Nordisk (Pty) Ltd. Reg. No.: 1959/000833/07. 150 Rivonia Road, 10 Marion Street Office Park, Building C1, Sandton, Johannesburg, 2196. Tel: (011) 202 0500 Fax: (011) 807 7989. [www.novonordisk.com](http://www.novonordisk.com). ZA24NPE00004 May 2024.

RLC 0424/7331