APPROVED PATIENT INFORMATION LEAFLET (PIL)

SCHEDULING STATUS

S3

PRODUCT NAME strength and pharmaceutical form

NovoMix® 30; 100 U/ml; Suspension for Injection.

Read all of this leaflet carefully before you start using NovoMix® 30

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse or other healthcare provider.
- NovoMix® 30 has been prescribed for you personally and you should not share your NovoMix® 30 with other people. It may harm them, even if their symptoms are the same as yours.

What is in this leaflet

1. What NovoMix 30 is and what it is used for
2. What you need to know before you use NovoMix 30
3. How to use NovoMix 30
4. Possible side effects
5. How to store NovoMix® 30
6. Content of the pack and other information

1. What NovoMix® 30 is and what it is used for:

1 ml of the suspension contains 100 U of soluble insulin aspart (rapid acting insulin) /protaminated-crystallised insulin (intermediate acting insulin) aspart in the ratio 30/70.

NovoMix® 30 is used for the treatment of insulin requiring patients with diabetes mellitus.

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2. What you need to know before you use NovoMix® 30

Do not use NovoMix® 30:

- If you are allergic to insulin aspart or any of the other ingredients in NovoMix® 30
- If your blood sugar is too low (hypoglycaemia)
- In insulin infusion pumps
- Into the vein or blood vessel

Warnings and precautions

Take special care with NovoMix® 30:

- If you have diseases of your kidneys or liver, or with your adrenal, pituitary or thyroid glands
- If you are ill: carry on using your NovoMix® 30 and consult your doctor
- Pioglitazone (class of oral antidiabetic medicines used for the treatment of type 2 diabetes mellitus). Some patients with long-standing type 2 diabetes mellitus and heart disease or previous stroke who are treated with pioglitazone in combination with insulin may develop heart failure. Inform your doctor as soon as possible if you experience signs of heart failure such as unusual shortness of breath or rapid increase in weight or localised swelling (oedema).

Skin changes at the injection site

The injection site should be rotated to help prevent changes to the fatty tissue under the skin, such as skin thickening, skin shrinking or lumps under the skin. The insulin may not work very well if you inject into a lumpy, shrunken or thickened area (*see section 3, How to use NovoMix® 30*). Tell your doctor if you notice any skin changes at the injection site. Tell your doctor if you are currently injecting into these affected areas before you start injecting in a

different area. Your doctor may tell you to check your blood sugar more closely, and to adjust your insulin or your other antidiabetic medicine dose.

Children and adolescent

Novomix® 30 can be used in adolescents and children aged 10 years and above when premixed insulin is preferred

Other medicines and NovoMix® 30

Always tell your health care provider if you are taking any medicine. (This includes complementary or traditional medicines.)

- Some medicines affect the way your glucose works in your body and this may influence your insulin dose. Listed below are the most common medicines which may affect your insulin treatment. Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. In particular, you should tell your doctor if you are using any medicine mentioned below that may affect your blood sugar level

If you take any of the below medicines your blood sugar level may fall (hypoglycaemia):

- Other medicines for the treatment of diabetes
- Monoamine oxidase inhibitors (used to treat depression)
- Beta-blockers (used to treat high blood pressure) such as propranolol
- Angiotensin converting enzyme (ACE) inhibitors (used to treat certain heart conditions or high blood pressure) and ARBs (Angiotensin Receptor Blockers)
- Aspirin (used to relieve pain and lower fever)
- Anabolic steroids (such as testosterone)
- Sulphonamides (used to treat infections)

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If you take any of the below medicines your blood sugar level may rise (hyperglycaemia):

- Oral contraceptives (birth control pills)
- Thiazides (used to treat high blood pressure or excessive fluid retention)
- Glucocorticoids (such as “cortisone” used to treat inflammation)
- Thyroid hormones (used to treat thyroid gland disorders)
- Sympathomimetics (such as epinephrine, or salbutamol, terbutaline used to treat asthma)
- Growth hormone (medicines for stimulation of skeletal and somatic growth and pronounced influence on the body’s metabolic processes)
- Danazol (medicines acting on ovulation) may both increase or decrease your blood sugar level

Beta-blockers (used to treat high blood pressure) may weaken or suppress entirely the first warning symptoms which help you to recognise a hypoglycaemia.

Octreotide (used for treatment of acromegaly, a rare hormonal disorder that usually occurs in middle-aged adults, caused by the pituitary gland producing excess growth hormone) may either increase or decrease your blood sugar level

NovoMix® 30 with food and drink and alcohol

If you are drinking alcohol your need for insulin may change as your blood sugar level may either rise or fall.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby or breastfeeding please contact your doctor, pharmacist or other health care provider

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for advice before using NovoMix® 30. There is limited clinical experience with insulin aspart in pregnancy.

Breastfeeding whilst taking insulin does not put your baby at risk, however your insulin dosage may need to be monitored more frequently. Therefore it is important to consult your doctor immediately to discuss your insulin needs in order to control your diabetes and thereby avoid high blood sugar (hyperglycaemia) and low blood sugar (hypoglycaemia) as these conditions could harm you and your baby.

Driving and using machines

Your ability to concentrate and react may be reduced if you have low blood sugar (hypoglycaemia). Please keep this possible problem in mind in all situations where you might put yourself and other people at risk (e.g. when driving a car or operating machinery).
You must contact your doctor about the advisability of driving if you have frequent episodes of low blood sugar (hypoglycaemia) or have reduced or absent awareness of warning signs of low blood sugar (hypoglycaemia).

NovoMix® 30 contains sodium

NovoMix 30® contains less than 1 mmol sodium (23 mg) per dose, i.e. NovoMix 30® is essentially ‘sodium-free’.

3. How to use NovoMix® 30

Do not share medicines prescribed for you with any other person.

Dose and when to administer your insulin

You should always use NovoMix® 30 exactly as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

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You should administer NovoMix® 30 immediately before a meal. When necessary, NovoMix® 30 may be given immediately after meal. Dosage of NovoMix® 30 is individualised and determined on the basis of your doctor's advice in accordance with your needs.

When NovoMix® 30 is used in combination with tablets for diabetes and/or with injectable antidiabetic medicines your dose may have to be adjusted by your doctor.

Use in children and adolescent

Novomix® 30 can be used in adolescents and children aged 10 years and above when premixed insulin is preferred. Limited clinical data exists for children aged 6 to 9 years.

Use in special patient groups

Renal or hepatic impairment may reduce the patient's insulin requirements.

How and where to inject

Check the label to make sure it is the right type of insulin.

The injection can be administered subcutaneously by injection in the abdominal wall, the thigh or the deltoid region, or the gluteal region.
Injection sites should be rotated within the same region.
When injected subcutaneously into the abdominal wall, the onset of action will occur within 10 - 20 minutes of injection. The maximum effect is reached between 1 and 4 hours after the injection. The duration of action is up to 24 hours. The duration of action will vary according to the dose, injection site, blood flow, temperature and level of physical activity.

Always vary the sites you inject within the same region to avoid or reduce the risk of developing lumps or skin pitting.

Do not use NovoMix® 30 in insulin infusion pumps.

Never administer NovoMix® 30 intravenously.

Do not use NovoMix 30®:

- If it has not been stored correctly or if it has been frozen
- If the re-suspended insulin does not appear uniformly white and cloudy
- If after re-suspension clumps of material are present or if solid white particles stick to the bottom or the wall of the cartridge

If you use more NovoMix® 30 than you should

Low blood sugar (hypoglycaemia) may develop over sequential stages:

Mild Low blood sugar (hypoglycaemia) can be treated by oral administration of glucose or sugary products; it is therefore recommended that you always carry products containing sugar.

Severe Low blood sugar (hypoglycaemia) whereby you become unconscious can be treated by administration of glucagon intramuscularly or subcutaneously by a trained person, or glucose can be given intravenously by a healthcare professional. After regaining consciousness, oral administration of any sugar containing products is recommended to avoid any relapse.

Hypoglycaemia may also happen:

- If you eat too little or miss a meal
- If you exercise more than usual

In the event of overdosage, please consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control center.

If you forget to use NovoMix® 30 or missed a dose of NovoMix® 30:

If you are Type 1 Diabetes (insulin-dependant diabetes), you may experience hyperglycaemia (i.e. blood sugar gets too high) and diabetic ketoacidosis. High blood sugar (hyperglycaemia) develops gradually over a period of hours or days and includes the following symptoms:

Thirst, increased frequency of urination, nausea, vomiting, drowsiness, flushed dry skin, dry mouth, loss of appetite, odour of acetone when you breathe.

If High blood sugar (hyperglycaemia) is not treated, this will eventually lead to diabetic ketoacidosis (with loss of consciousness), which is potentially dangerous and lethal.

If you get any of the signs mentioned above, test your blood sugar level, test your urine for ketones if you can, then seek medical advice immediately.

High blood sugar (hyperglycaemia) may also happen:

- If you repeatedly take less insulin than you need.
- If you get an infection or fever
- If you eat more than usual
- If you exercise less than usual

Do not take a double dose to make up for forgotten individual doses.

If you stop using NovoMix® 30

If you stop taking your insulin, this could lead to severe hyperglycaemia (high blood sugar) and ketoacidosis.

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You must never stop using your NovoMix® 30 even if you are ill, as you may need to have more insulin than normal. This may be especially the case if you have an infection.

If you develop a kidney or liver disease, your doctor may lower your insulin dosage.

Do not stop using your NovoMix® 30 without speaking to your doctor, who will tell you what needs to be done.

Your doctor will also inform about inadvisability of driving your car or operating machinery should you stop using insulin.

4. Possible side effects

NovoMix® 30 can have side effects.

Not all side effects reported for NovoMix® 30 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using NovoMix® 30, please consult your doctor, pharmacist or other health care provider for advice.

The following side effects may occur during NovoMix® 30 treatment:

(a) Summary of serious side effects

- Anaphylactic reactions (serious allergic reaction)

It is a very rare side effect, but it can potentially be life-threatening.

Seek medical advice immediately:

- If signs of allergy spread to other parts of your body or
- If you suddenly feel unwell and you start sweating, start being sick (vomiting), have difficulty in breathing, have a rapid heart-beat, feel dizzy.

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- Low blood sugar (hypoglycaemia) it is very frequent

It develops very frequently.

Taking too much NovoMix® 30 or not eating adequate amount of food or unusual exercise may cause low blood sugar (hypoglycaemia).

Please refer to the section," **If you use more NovoMix® 30 than you should"** *for treatment of* low blood sugar (*hypoglycaemia).*

If you get low blood sugar:

The warning signs of *low blood sugar* may come on suddenly and can include: cold sweat, cool pale skin, headache, rapid heartbeat, feeling sick, feeling very hungry, temporary changes in vision, drowsiness, unusual tiredness and weakness, nervousness or tremor, feeling confused, difficulty in concentration. If you get any of these signs, eat glucose tablets or high sugar snack (sweets, biscuits, fruit juice), then rest.

Do not use NovoMix® 30 if you feel low blood sugar coming on.

Carry glucose tablets, sweets, biscuits or fruit juice with you, just in case.

Tell your relatives, friends and close colleagues that if you pass out (become unconscious), they must turn you on the side and seek medical advice straight away.

The following side effects are less frequent

- Signs of allergy:

  Pain, redness, swelling and itching at the injection site. These symptoms usually disappear after a few weeks of taking NovoMix® 30. If they do not disappear please consult your doctor or pharmacist.

- Refraction disorders (vision problems):

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When you first start your NovoMix® 30 treatment, it may disturb your vision, but the disturbance is usually temporary.

- Swollen joints (Oedema):

  When you start taking NovoMix® 30, water retention may cause swelling around your ankles and other joints usually this soon disappears.

- Diabetic retinopathy (eye disease related to diabetes which can lead to loss of vision):

  If you have diabetic retinopathy and your blood sugar levels improve very fast, the retinopathy may get worse. Ask your doctor about this.

- Lipodystrophy (Changes at injection site):

The fatty tissue under the skin at injection site may shrink or thicken.
Lumps under the skin may also be caused by build-up of a protein called amyloid (cutaneous amyloidosis. The insulin may not work very well if you inject into a lumpy, shrunken or thickened area.

Changing the site with each injection may help to reduce the risk of developing such skin changes. If you notice your skin pitting or thickening at injection site, tell your doctor or pharmacist. These reactions can become more severe, or they may change the absorption of your insulin, if you inject at such a site.

The other side effects reported are:

- Peripheral neuropathy (pain due to nerve damage):

  If your blood sugar level improves very fast, you may get nerve related pain, this is called acute neuropathy and is usually transient.

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If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist

5. How to store NovoMix® 30

Keep all medicines out of reach and sight of children.

Before opening:

Store NovoMix® 30 between 2 °C – 8 °C (in a refrigerator), not near the freezing compartment.

Do not freeze. Protect from light.

During use or when carried as a spare:

Keep NovoMix® 30, Penfill® (cartridge) in the outer carton in order to protect it from light.

Always keep the pen cap on your FlexPen® when you are not using it, in order to protect it from light.

NovoMix® 30 (Penfill®/FlexPen®) that you are using or carrying as a spare must be kept at room temperature (at or below 30 °C) for up to 4 weeks.

Do not expose NovoMix® 30 to excessive heat or sunlight.

Do not use NovoMix® 30 after the expiry date stated on the label and carton ‘EXP’. The expiry date refers to the last day of that month.

It is recommended to resuspend the insulin as instructed every time you use a new NovoMix® 30 Penfill®/FlexPen®.

Return all unused medicine to your pharmacist.

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Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What NovoMix® 30 contains

The active substance is insulin aspart. NovoMix® 30 is a mixture consisting of 30 % soluble insulin aspart and 70 % insulin aspart crystallised with protamine.

1 ml of the suspension contains 100 U of soluble insulin aspart (rapid acting insulin) /protaminated-crystallised insulin (intermediate acting insulin) aspart in the ratio 30/70.

The ingredients phenol and metacresol are included as preservatives.

The other ingredients are:

Glycerol, zinc chloride, disodium phosphate dihydrate, sodium chloride, protamine sulphate, hydrochloric acid, sodium hydroxide and water for injection.

What NovoMix® 30 looks like and contents of the pack

NovoMix® 30 is presented as a white suspension and is sterile. The resuspended liquid must appear uniformly white and cloudy after agitation.

- NovoMix® 30, Penfill®: 3 ml Penfill® cartridges (5 x 3 ml) are made of colourless glass, containing a rubber piston and closed with a rubber disc. The cartridges contain a glass bead which helps to facilitate the re-suspension of the NovoMix® 30. The cartridges are packed into carton boxes.

- NovoMix® 30, FlexPen®: 3ml FlexPen®, disposable pen (5 x 3 ml) packed into carton boxes. FlexPen® is a multi-dose disposable pre-filled syringe made of

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Polypropylene/Polyacetal and Polypropylene/Polyethylene in which a Penfill® cartridge of 3 ml is inserted.

Holder of Certificate of Registration

Novo Nordisk (Pty) Ltd

150 Rivonia Road

10 Marion Street Office Park,

Building C1

Sandton, Johannesburg

2146

This leaflet was last revised in

Date on the registration certificate of the medicine: 26 March 2002

Date of the most recently revised patient information leaflet as approved by SAHPRA:

12 July 2023

Registration number

35/21.1/0031

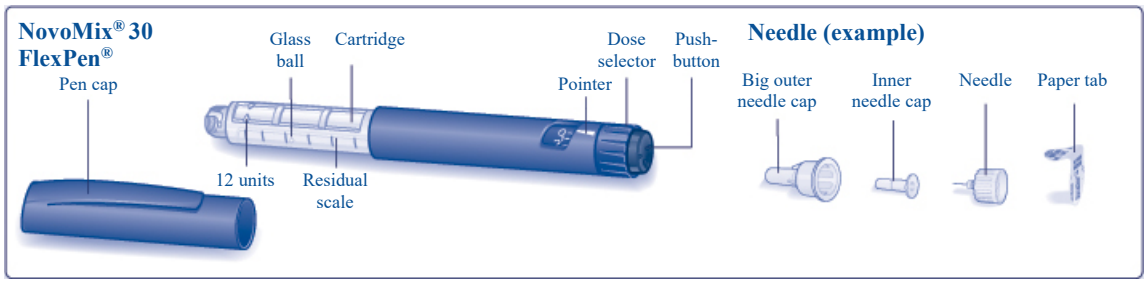
Appendix 1: FlexPen® Instructions for use

Instruction on how to use NovoMix® 30 suspension for injection in FlexPen®

Read the following instructions carefully before using your NovoMix®30 FlexPen®.

If you do not follow the instructions carefully, you may get too little or too much insulin, which can lead to too high or too low blood sugar level.

Your NovoMix® 30 FlexPen® is a pre-filled dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. NovoMix® 30 FlexPen® is designed to be used with NovoFine® or NovoTwist® disposable needles up to a length of 8 mm. As a precautionary measure, always carry a spare insulin delivery device in case your NovoMix® 30 FlexPen® is lost or damaged



Caring for your pen:

- Your NovoMix® 30 FlexPen® must be handled with care. If it is dropped, damaged or crushed, there is a risk of insulin leakage. This may cause inaccurate dosing, which can lead to too high or too low blood sugar level.
- You can clean the exterior of your NovoMix® 30 FlexPen® by wiping it with a medicinal swab. Do not soak, wash or lubricate it as it may damage the pen.
- Do not refill your NovoMix® 30 FlexPen®.

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Preparing your NovoMix® 30 FlexPen®

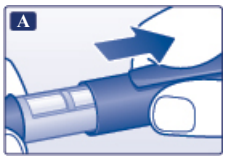
A

Check the name and coloured label of your NovoMix® 30 FlexPen® to make sure that it contains the correct type of insulin. This is especially important if you take more than one type of insulin. If you take the wrong type of insulin, your blood sugar level may get too high or too low.

Every time you use a new pen

Let the insulin reach room temperature before you use it. This makes it easier to re-suspend.

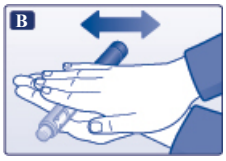
Pull off the pen cap (see **A**).



B

Before your first injection with a new NovoMix 30® FlexPen®, you must resuspend the insulin:

Roll the pen between your palms 10 times – it is important that the pen is kept horizontal.



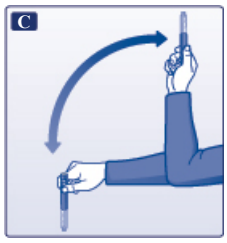
C

Then move the pen up and down 10 times between the two positions as shown, so the glass ball moves from one end of the cartridge to the other.

Repeat rolling and moving the pen until the liquid does appear uniformly white and cloudy.

For every following injection, move the pen up and down between the two positions at least 10 times until the liquid does appear uniformly white and cloudy.

Always make sure that you have resuspended the insulin prior to each injection. This reduces the risk of too high or too low blood sugar level. After you have resuspended the insulin, complete all the following steps of injection without delay.



⚠ 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 NovoMix® 30 FlexPen®.

Attaching a needle

D

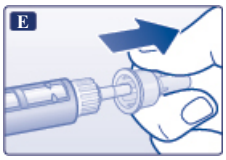
Remove the paper tab from a new disposable needle.

Screw the needle straight and tightly onto your NovoMix® 30 FlexPen®.



E

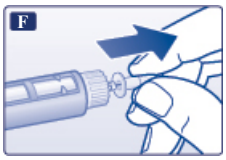
Pull off the big outer needle cap and keep it for later.



F

Pull off the inner needle cap and dispose of it.

Never try to put the inner needle cap back on the needle. You may stick yourself with the needle.



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

⚠ Be careful not to bend or damage the needle before use.

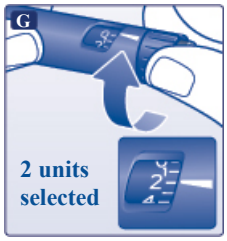
Checking the insulin flow

Prior to each injection, small amounts of air may collect in the cartridge during normal use. To avoid injection of air and ensure proper dosing:

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Turn the dose selector to select 2 units.



H

Hold your NovoMix® 30 FlexPen® with the needle pointing upwards and tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge.



I

Keeping the needle upwards, press the push-button all the way in. The dose selector returns to 0.

A drop of insulin should appear at the needle tip. If not, change the needle and repeat the procedure no more than 6 times.

If a drop of insulin still does not appear, the pen is defective, and you must use a new one.



⚠ Always make sure that a drop appears at the needle tip before you inject. This makes sure that the insulin flows. If no drop appears you will not inject any insulin, even though the dose selector may move. This may indicate a blocked or damaged needle.

⚠ Always check the flow before you inject. If you do not check the flow, you may get too little insulin or no insulin at all. This may lead to too high blood sugar level.

Selecting your dose

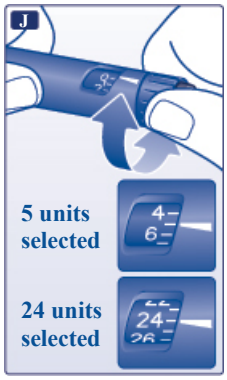
Check that the dose selector is set at 0.

J

Turn the dose selector to select the number of units you need to inject.

The dose can be corrected either up or down by turning the dose selector in either direction until the correct dose lines up with the pointer. When turning the dose selector, be careful not to push the push-button as insulin will come out.

You cannot select a dose larger than the number of units left in the cartridge.



⚠ Always use the dose selector and the pointer to see how many units you have selected before injecting the insulin.

⚠ Do not count the pen clicks. If you select and inject the wrong dose, your blood sugar level may get too high or too low. Do not use the residual scale, it only shows approximately how much insulin is left in your pen.

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Making the injection

Insert the needle into your skin. Use the injection technique shown by your doctor or nurse.

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Inject the dose by pressing the push-button all the way in until 0 lines up with the pointer. Be careful only to push the push-button when injecting.

Turning the dose selector will not inject insulin.

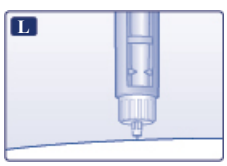


L

Keep the push-button fully depressed and let the needle remain under the skin for at least 6 seconds. This will make sure you get the full dose.

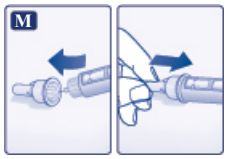
Withdraw the needle from the skin, then release the pressure on the push-button.

Always make sure that the dose selector returns to 0 after the injection. If the dose selector stops before it returns to 0, the full dose has not been delivered, which may result in too high blood sugar level.



M

Lead the needle into the big outer needle cap without touching it. When the needle is covered, carefully push the big outer needle cap completely on and then unscrew the needle. Dispose of it carefully and put the pen cap back on.



- ⚠ Always remove the needle after each injection and store your NovoMix® 30 FlexPen® without the needle attached. This reduces the risk of contamination, infection, leakage of insulin, blocked needles and inaccurate dosing.

Further important information

- ⚠ Caregivers must be very careful when handling used needles to reduce the risk of needle sticks and cross-infection.
- ⚠ Dispose of your used NovoMix® 30 FlexPen® carefully without the needle attached.
- ⚠ Never share your pen or your needles with other people. It might lead to cross-infection.
- ⚠ Never share your pen with other people. Your medicine might be harmful to their health.
- ⚠ Always keep your pen and needles out of sight and reach of others, especially children.

Appendix 2: Penfill® Instructions for use

NovoMix® 30 Penfill® is designed to be used with Novo Nordisk insulin delivery systems and NovoFine® or NovoTwist® needles.

If you are treated with NovoMix® 30 Penfill® and another insulin Penfill® cartridge, you should use two insulin delivery systems, one for each type of insulin.

As a precautionary measure, always carry a spare insulin delivery in case your Penfill® is lost or damaged.

Resuspension of the insulin

Check that there are at least 12 units of insulin left in the cartridge to allow even resuspension. If there are less than 12 units left, use a new cartridge.

Every time you use a new NovoMix® 30 (before you put the cartridge into the insulin delivery system):

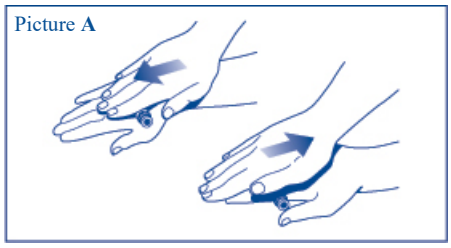
- Let the insulin reach room temperature before you use it. This makes it easier to resuspend.
- Roll the cartridge between your palms 10 times – it is important that the cartridge is kept horizontal (see picture **A**).
- Move the cartridge up and down between positions **a** and **b** (see picture **B**) 10 times so that the glass ball moves from one end of the cartridge to the other.
- Repeat the rolling and moving procedures (see pictures A and B) until the liquid does appear uniformly white and cloudy. Do not use the cartridge if the resuspended insulin does not look uniformly white and cloudy.
- Complete the other stages of injection without delay.

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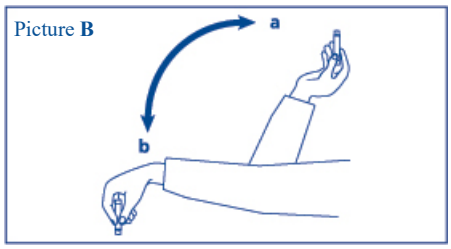
For every following injection:

- Move the delivery system with the cartridge inside up and down between **a** and **b** (see picture **B**) at least 10 times until the liquid appears uniformly white and cloudy.
- Complete the other stages of injection without delay.

Picture **A**



Picture **B**



How to inject NovoMix® 30

- Inject the insulin under the skin. Use the injection technique advised by your doctor or nurse and as described in your delivery system manual.
- Keep the needle under your skin for at least 6 seconds. Keep the push button fully depressed until the needle has been withdrawn. This will ensure correct delivery and limit possible flow of blood into the needle or insulin reservoir.
- After each injection, be sure to remove and discard the needle and store NovoMix® 30 without the needle attached. Otherwise the liquid may leak out, which can cause inaccurate dosing.

Do not refill the cartridge.

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