

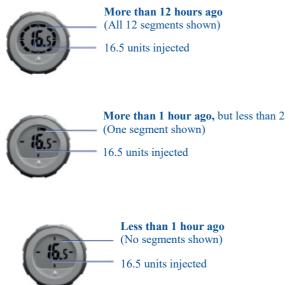
Do not share your Fiasp® PenFill® cartridge, NovoLog® PenFill® cartridge, PenFill® cartridge compatible insulin delivery device, and needles with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

NovoPen Echo® remembers your last dose

Your pen has a dose memory that saves information about how much insulin you last injected and the time passed since then.

The number in the dose memory display is the **number of units** last injected. The segments around the edge show how many **full hours** have passed since your last injection. When a full hour has passed, one segment will be shown. Another segment will appear when another full hour has passed.

The examples below show you how to read the dose memory.



How to check your last dose



- Make sure the dose counter shows "0" before you start.
- Pull out the dose button.



• Push the dose button back in to check your last dose.

Star-up display



First you see the start-up display. All display elements are shown to confirm that it is working.

Next, the display shows the details of your last dose. After 10 seconds, it turns off.

Insert insulin cartridge



- 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.



- Take a new insulin cartridge and check that:
 - It contains the **right** 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.

Do not share your Fiasp® PenFill® cartridge or NovoLog® PenFill® cartridge with other people, even if theneedle has been changed. You may give other people a serious infection, or get a serious infection from them.

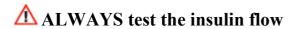
Attach a new needle



- 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.

Do not reuse or share your needles with other people. You may give other people a serious infection, or get a serious infection from them.

Use a new needle for each injection.

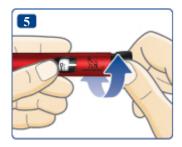




ALWAYS test the flow before you inject. Keep testing until insulin squirts from the needle tip. This makes sure that any gap and air bubbles are removed and that insulin is getting through the needle.

- Select 2 units and press the dose button until the dose counter shows "0".
- If no insulin appears or there is a gap in the insulin window, repeat the insulin flow test. The insulin flow test is complete when you see insulin squirt and there is no longer a gap between the piston rod head and the piston.

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 forward or backward.

Inject your dose

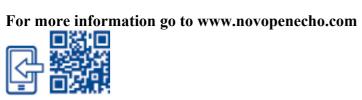


- Insert the needle into your skin and press the dose button until the dose counter shows "0".
- Then wait and count slowly to 6 before you remove the needle from your skin.
- Safely **remove and dispose** of the needle. Put the pen cap back on. Do not store your pen with a needle attached.



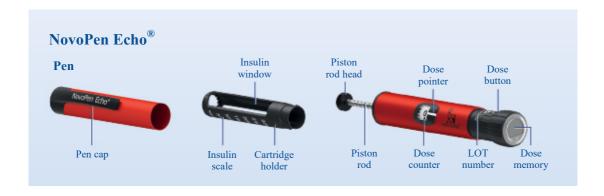
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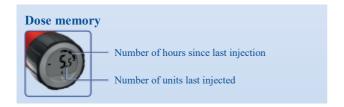


NovoPen Echo®

Pen



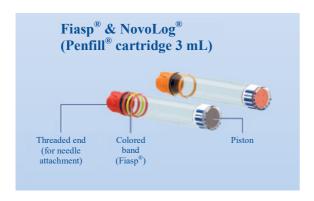
Dose memory



Disposable needle (example)



Fiasp® and NovoLog® (PenFill® cartridge 3 mL)



Introduction

Thank you for choosing NovoPen Echo®. NovoPen Echo® is a re-usable insulin pen with a dose memory function.

You should read this guide carefully before you use your pen – even if you have used NovoPen $Echo^{\mathbb{R}}$ or similar Novo Nordisk delivery systems before. It will tell you all you need to know about your pen and how to use it.

Do not share your Fiasp® PenFill® cartridge, NovoLog® PenFill® cartridge, PenFill® cartridge compatible insulin delivery device and needles with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them. The NovoPen Echo® is a re-usable pen injector designed for single patient use by diabetics for the self-injection of a desired dose of insulin. The pen injector uses PenFill® 3 mL cartridges of Fiasp®, 100 units/mL (U-100) [Insulin aspart Injection] or NovoLog®, 100 units/mL (U-100) [Insulin aspart Injection], and a single use detachable and disposable pen needle (supplied separately). The pen injector allows the user to dial the desired dose from 0.5 to 30 units in 0.5 unit increments.

The pen has a dose memory that helps you remember the number of units you last injected and the time passed since that injection.

The pen is durable, which means that you can use it again and again. When you have used all the insulin in a cartridge, you simply replace it with a new one.

You can get the pen in red or blue. It is recommended that you use a different colored pen for each type of insulin you use.

About this user guide:

Throughout this guide, instructions on how to use your pen are presented step by step. Important information and additional information are clearly marked by the symbols you see below:



Important information

Pay special attention to these notes as they are important for safe use of the pen. If you do not follow the instructions carefully, you may get too little or too much insulin, or no insulin at all.

1Additional information



Important notes

- Do not use NovoPen Echo® without proper training from your healthcare professional. Make sure you are confident in making an injection with the pen before you start your treatment with it. Refresh the training at any time by taking a look at the training video online at novopenecho.com.
- If you are blind or have severe visual problems, do not use NovoPen Echo® without help. Get help from a person with good eyesight who is trained to use NovoPen Echo®.
- ALWAYS test the insulin flow before each injection. Do not use the pen if insulin does not squirt from the needle tip when you test the insulin flow. If you do not test the insulin flow, you may get too little or too much or no insulin at all.
- If you drop your pen, check the insulin cartridge for damages, for example cracks. Replace the cartridge with a new one if necessary.
- If you accidentally twist your pen apart between injections, it is important to test the flow of insulin before your next injection. You may need to do it several times before insulin appears at the needle tip. If insulin does not appear, you may get no insulin at all.
- NovoPen Echo® is designed to be used with PenFill® 3 mL cartridges of Fiasp®, 100 units/mL (U-100) [Insulin aspart Injection] or NovoLog®, 100 units/mL (U-100) [Insulin aspart Injection] and NovoFine® Plus or NovoTwist® disposable needles up to a length of 8 mm.
- Novo Nordisk is not responsible for harm due to using NovoPen Echo® with products other than these.
- Always check the name and color of the cartridge to make sure that it contains the type of insulin you need. If you take a wrong type of insulin, your blood sugar level may get too high or too low. This is especially important if you take more than one type of insulin.
- Always carry a spare pen, extra insulin of the same type(s) you use, and new needles with you in case of loss or damage.
- Never share your pen, insulin cartridges, and needles with other people. They are for your use ONLY.
- Always keep your pen, insulin cartridges, and needles out of sight and reach of others, especially children.
- Always keep your pen with you. Do not leave it in a car or other place where it can get too hot or too cold.

• Caregivers must be very careful when handling used needles to reduce the risk of needle sticks and cross-infection.

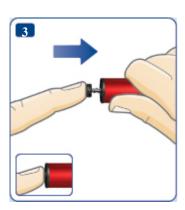
Insert insulin cartridge



• Pull off the pen cap.



• Twist off the cartridge holder. Put it to one side for later use.



• The piston rod may stick out of your pen. If so, push it completely in until it stops.

Need help? Call 1-800-727-6500



The piston rod and the piston rod head may be loose and move on their own. This is natural and does not affect the function of the pen.



• Take a new insulin cartridge. Hold the black cartridge holder and let the cartridge slide in with the **threaded end first** as illustrated. The color of your cartridge may differ from the one shown in the illustration. It depends on the type of insulin you use.



Do not share your Fiasp® PenFill® cartridge orNovoLog® PenFill® cartridge with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Check the name and color of the cartridge to make sure that it contains the type of insulin you need. If you take a wrong type of insulin, your blood sugar level may get too high or too low. This is especially important if you take more than one type of insulin.

Check that the cartridge is not damaged, for example by cracks. See how to do this in the Fiasp® PenFill® cartridge 3 mL or NovoLog® PenFill® cartridge 3 mL package.

Check that the insulin looks the way it should. The Fiasp® PenFill® cartridge 3 mL leaflet and NovoLog® PenFill® cartridge 3 mL leaflet will tell you how your type of insulin should look.

NovoPen Echo[®] is designed to be used with PenFill[®] 3 mL cartridges of Fiasp[®], 100 units/mL (U-100) [Insulin aspart Injection] or NovoLog[®], 100 units/mL (U-100) [Insulin aspart Injection], and NovoFine[®], NovoFine[®] Plus or NovoTwist[®] disposable needles up to a length of 8 mm.

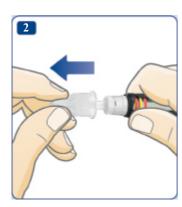


• Twist the cartridge holder back on, as illustrated, until you hear or feel a click.

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. You will need it after the injection, to safely remove the needle from the pen.

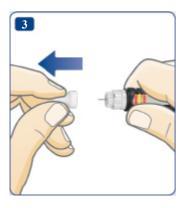


Do not reuse or share your needles with other people. You may give other people a serious infection, or get a serious infection from them.

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

Never use a bent or damaged needle.

Do not attach a new needle to your pen until you are ready for your next injection.



• Pull off the inner needle cap and throw it away.

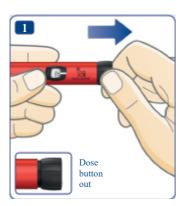
A drop of insulin may appear at the needle tip. This is normal, but you must **still test the insulin flow.**

Need help? Call 1-800-727-6500



NovoPen Echo[®] is designed to be used with PenFill[®] 3 mL cartridges of Fiasp[®], 100 units/mL (U-100) [Insulin aspart Injection] or NovoLog[®], 100 units/mL (U-100) [Insulin aspart Injection], and NovoFine[®], NovoFine[®] Plus or NovoTwist[®] disposable needles up to a length of 8 mm.

ALWAYS test the insulin flow before you inject





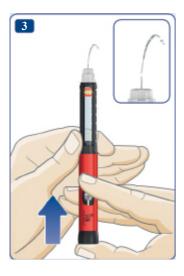
ALWAYS test the flow before you inject.

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.

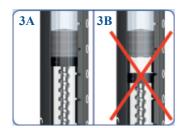
• Pull out the dose button, if it is not already out.



• Turn the dose button to select 2 units.



- **Press the dose button** until the dose counter shows "0". The "0" must line up with the dose pointer.
- Check that insulin squirts from the needle tip.
- Check the insulin window to see that there is no gap between the black piston rod head and the piston, *see illustration 3A*.



If no insulin appears or if there is a gap in the insulin window, see illustration 3B, repeat the insulin flow test until insulin squirts from the needle tip. If no insulin appears after several attempts, change the needle and test the insulin flow again.

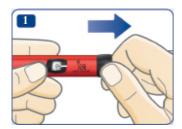
The insulin flow test is complete when you see insulin squirt from the needle tip and when there is no longer a gap between the piston rod head and the piston.



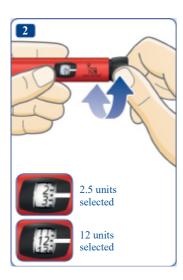
Do not try to inject if no insulin appears. You may not receive any insulin, even though the dose counter may move. This could lead to too high blood sugar (hyperglycaemia).

If insulin does not appear after testing the flow repeatedly, do not use the pen and call Novo Nordisk at 1-800-727-6500.

Select your dose



- Pull out the dose button, if it is not already out.
- Make sure the dose counter shows "0" before you start. The "0" must line up with the dose pointer.



• Turn the dose button to select the dose you need. You can turn the dose button forward or backward.



The dose button changes the number of units. Only the dose counter and the dose pointer will show how many units you select per dose.

You can select up to 30 units per dose.

Half units are shown as lines between the figures.



Always look through the insulin window to **make sure that the insulin in your pen looks the way it should.** The Fiasp[®] PenFill[®] cartridge 3 mL or NovoLog[®] PenFill[®] cartridge 3 mL leaflets will tell you how your type of insulin should look.

Always use the dose counter and the dose pointer to see how many units you select.

Do not use the insulin scale on the cartridge holder. It only shows approximately how much insulin is left in your pen.

Do not count the pen clicks.

If you select and inject a wrong dose, your blood sugar level may get too high or too low.



If you need more than 30 units, you may choose to use another Novo Nordisk insulin delivery device with a higher maximum dose.

The dose button should turn easily. Do not force it to turn.

When your pen contains less than 30 units, the dose counter stops at the number of units left. If you need more insulin than what is left in the cartridge, see pages 24-25.

Inject your dose





ALWAYS test the flow before you inject.

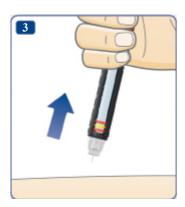
- Check the color of the cartridge to make sure that it contains the type of insulin you need.
- Insert the needle into your skin as your healthcare professional has shown you.
- Make sure you can see the dose counter.
- Press the dose button until the dose counter shows "0".

The "0" must line up with the dose pointer. You may then hear or feel a click.



• Keep the needle in your skin after the dose counter has returned to "0" and count slowly to 6.

If the needle is removed earlier, you may see a squirt of insulin coming from the needle tip. If so, the full dose will not be delivered, and you should increase the frequency of checking your blood sugar levels.



• Remove the needle from your skin.



Always inject by pressing the dose button. Do not turn it. If you turn the dose button, you will not inject insulin.

Always watch the dose counter to know how many units you inject. Do not count the pen clicks. The dose counter will show the exact number of units.

If the dose button stops before the dose counter shows "0", the needle may be blocked. Turn the dose counter back to "0" and replace the needle with a new one. Test the insulin flow and inject your full dose.

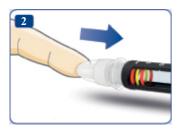


You may see a drop of insulin at the needle tip after injecting. This is normal and does not affect your dose.

After your injection



• Lead the needle tip into the outer needle cap on a flat surface without touching the needle.



- Do not touch the outer needle cap before it covers the needle.
- Once the needle is covered, carefully push the outer needle cap completely on.



• Hold the black cartridge holder and unscrew the needle. Dispose of it carefully as your healthcare professional has instructed you.



Never try to put the inner needle cap back on the needle.

You may stick yourself with the needle.



- Put the pen cap on your pen after each use to protect the insulin from light.
- Store your pen carefully. The pen should be **out of sight and reach of others**, **especially children**, *see page 27 on how to store the pen*.



Always hold the black cartridge holder when you unscrew the needle. Otherwise you may twist your pen apart. If this happens, twist the pen together again, replace the needle and test the insulin flow before your next injection.

Always remove and dispose of the needle from your pen.

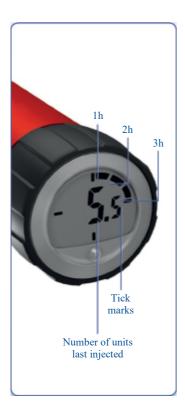
This reduces the risk of blocked needles, contamination, infection, and inaccurate dosing. Do not store your pen with a needle attached.



Put the needle and any empty or used insulin cartridge still containing insulin in a sharps container, or some type of hard plastic or metal container with a screw top such as a detergent bottle or empty coffee can.

When the container is full, seal and throw it away as described by your healthcare professional and local or state authorities. Do not throw away used needles in household trash or recycling bins.

What is the dose memory?



Your pen has a dose memory that saves information about how much insulin you last injected and the time passed since then.

The number in the dose memory display is the **number of units** last injected.

The segments around the edge show how many **full hours** have passed since your last injection.

When a full hour has passed, one segment will be shown. Another segment will appear when another full hour has passed.

The four **tick marks** are always visible when the display is activated.

The example on the left shows 5.5 units injected more than 3 hours ago, but less than 4.

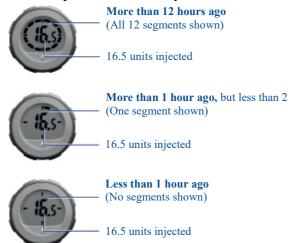
Note that **the dose memory only saves information about the last injection or insulin flow test.** If for example, you test the insulin flow with 2 units and then inject 15 units, the dose memory only saves information about the 15 units injected and the time passed since then.



The dose memory **does not tell you how much insulin you need** for your next injection. If in doubt about how much insulin you need to inject, check your blood sugar level. Otherwise, you may get too much or too little insulin

How to read the dose memory

The examples below show you how to read the dose memory.



How to check your last dose



- Make sure the dose counter shows "0" before you start. The "0" must line up with the dose pointer.
- Pull out the dose button.



• Push the dose button back in to check your last dose.

First you see the start-up display. All display elements are shown to confirm that it is working.

Next, the display shows the details of your last dose. After 10 seconds, it turns off.



Do not turn the dose button when you check your last dose. Turning and then pushing it will overwrite the details of your last dose. If you turn the dose button by accident, simply turn it back to "0" before you push it in. This will **not** overwrite the details of your last dose.

If any of the segments on the test display are missing, the display is not working correctly. Contact your supplier to get a new pen. You can still use the pen for insulin delivery without using the dose memory.

Special display messages

Message	Cause	Action
	The dose memory has not registered your last injection.	Normally, the dose memory will start working again after your next injection. If not, contact Novo Nordisk at 1-800-727-6500 to get a new pen. You can still use the pen for insulin delivery without using the dose memory.
	The dose memory is not activated, or the battery is dead.	Pull out the dose button then push it back in to activate the dose memory. If the display stays blank, the battery is dead. Contact Novo Nordisk at 1-800-727-6500 to get a new pen. You can still use your pen for insulin delivery until you get a new one. See page 28 for warranty information.
End	The battery is running low.	The battery will last four to five years. When it is running low and the dose memory display has shown "End" for a while, it will turn blank and stop working. For your safety the battery is non-replaceable. Contact Novo Nordisk at 1-800-727-6500 to get a new pen. You can still use your pen for insulin delivery until you get a new one. See page 28 for warranty information.

How to replace a used insulin cartridge



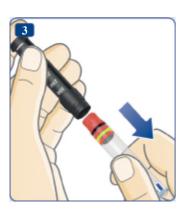
• Remove and dispose of the needle from your pen if the needle is still on, see pages 14-15.



• Twist off the cartridge holder.



When you twist off the cartridge holder, the piston rod sticks out of your pen. It may move back or forth on its own. Push it back in *as instructed on page 3*.



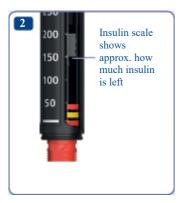
- Tilt the black cartridge holder and **let the cartridge slide out.** Dispose of it as your healthcare professional has instructed you.
- Insert a new cartridge, push the piston rod back in, and twist the cartridge holder back on.

How to check how much insulin is left



The dose counter will show exactly how much insulin is left in the cartridge, when there is less than 30 units left.

- Turn the dose button until it stops.
- Check the dose counter:
 - If it shows "30": **30 units or more** are left in the cartridge.
 - If it shows less than "30": It is showing the number of units left in the cartridge.
- Turn the dose button back until the dose counter shows "0".



• Use the **insulin scale** to see **approximately** how much insulin is left in the insulin cartridge.



If you need more insulin than what is left in the cartridge, take your full dose from a new cartridge, see page 24.

If you need more insulin than what is left in the cartridge



If you need more insulin than what is left in the cartridge, take your full dose from a new cartridge.

- Remove the needle. Twist off the cartridge holder and dispose of the used cartridge.
- Insert a new cartridge, see pages 2-5.



• Attach a new needle and test the insulin flow, see pages 6-9.



• Select and inject your full dose with the new cartridge, see pages 12-15.



Only if trained or advised by your healthcare professional, you may split your dose between two cartridges.

If you become distracted, make a miscalculation or forget to test the flow, you may get a single under- or overdose which may lead to too high or too low blood sugar levels.

If you feel unwell after splitting the dose, check your blood sugar and/or contact your healthcare professional.

If you do split your dose:

1 Test the insulin flow.

- **2** Find out exactly how much insulin is left and make a note of it. Turn the dose button until it stops. The dose counter then shows you the number of units left in the cartridge.
- 3 Inject all the insulin left in the cartridge.
- 4 Work out how many more units you need to complete your dose.
- **5** Remove the used needle and cartridge.
- **6** Insert and prepare a new cartridge for injection.
- 7 Attach a new needle and test the insulin flow.
- **8** Select and inject the rest of your dose with the new cartridge.



If you split your dose into two injections, the dose memory will only save information about the second injection.

How to care for your pen

Care

- Only use your NovoPen Echo® as described in this guide.
- Do not drop your pen or knock it against hard surfaces. If you drop it or suspect a problem, check the insulin cartridge for damages, for example cracks. Replace the cartridge with a new one if necessary.
- Keep your pen away from direct sunlight, and do not expose it to dust, dirt, or liquid.
- **Do not expose your pen** (without an insulin cartridge inserted) to temperatures below -13°F or above +113°F. With an insulin cartridge inserted, please see the storage instructions in the Fiasp® PenFill® cartridge 3 mL or NovoLog® PenFill® cartridge 3 mL leaflets.
- Do not try to repair your pen or pull it apart.
- The battery lasts for four to five years. For your safety it is non-replaceable. When the battery is dead, contact your supplier to get a new pen. You can still use your pen for insulin delivery without using the dose memory.

Cleaning

- Only clean your pen with mild detergent on a moistened cloth.
- Do not wash, soak, or lubricate your pen, and do not use products containing bleaching agents, such as chlorine, iodine, or alcohol to clean your pen. This may damage it.
- If there is insulin on the outside of your pen, clean it before it dries up with mild detergent on a moistened cloth.

Storage

- Store your pen at room temperature with or without an insulin cartridge in the cartridge holder.
- Do not store your pen with a needle attached.

- Do not freeze your pen with an insulin cartridge inserted or store it in a refrigerator or next to a cooling element.
- Store the Fiasp® insulin cartridges or NovoLog® insulin cartridges as instructed in the PenFill® cartridge 3 mL leaflet. There you will also find information about expiry date. The expiration date printed on the cartridge is for unused cartridges under refrigeration. Never use the cartridge after the expiration date on the cartridge or its box.
- Store your pen in its case when possible.

Disposal

- Do not throw the pen out with your household waste.
- Dispose of your pen as instructed by your healthcare professional, pharmacist or local authorities. Consider the environment when you dispose of your pen. It contains a lithium battery, electronic parts, and recyclable materials. Also make sure to remove the insulin cartridge and needle before you dispose of the pen.



Warranty

NovoPen Echo® comes with a 3-year guarantee, which also includes the dose memory.

If you find that your NovoPen Echo[®] is faulty, Novo Nordisk will replace it. Return it to your supplier for inspection within three years of receiving it. Enclose the receipt you were given when you received your NovoPen Echo[®].

The manufacturer cannot be held responsible for any problems with your NovoPen Echo® if the instructions have not been followed.

If you need your pen's LOT number, you will find it on the dose button as shown in the diagram on the inside cover.

Novo Nordisk[®], NovoPen[®], NovoPen Echo[®], NovoFine[®], NovoTwist[®], Fiasp[®], NovoLog[®] and PenFill[®] cartridge 3 mL are registered trademarks of Novo Nordisk A/S.

If you think your pen is not working the right way, contact Novo Nordisk Inc. at 1-800-727-6500.

This warranty will be invalid and Novo Nordisk Inc. cannot be held responsible in the case of defects or damages arising from:

- The use of NovoPen Echo[®] with products other than Fiasp[®] PenFill[®] cartridge 3 mL, NovoLog[®] PenFill[®] cartridge 3 mL and NovoFine[®], NovoFine[®] Plus or NovoTwist[®] disposable needles.
- − The use of NovoPen Echo® not in accordance with the instructions in this user guide.
- Physical damage to NovoPen Echo® caused by neglect, misuse, unauthorized repair, accident, or other breakage.

For assistance or further information, write to: Novo Nordisk Inc. 800 Scudders Mill Road Plainsboro, New Jersey 08536 USA www.novonordisk-us.com

Or call: 1-800-727-6500

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