

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

Reliable insulin  
dose recording  
happening here



Please read the Patient Information Leaflet provided with your insulin  
and the User Guide provided with your device for more information

NovoPen® 6 )  
NovoPen Echo® Plus )



## Insulin dose recording isn't easy

Life can be demanding. Whether it's family, work, friends or just day-to-day household tasks, it can be hard to keep a record of your diabetes treatment. What about the times when you're on the go? Knowing when you last injected and how many units is important. It helps both you and your diabetes team manage your treatment more effectively.



To make monitoring your diabetes easier, your Healthcare Professional has recommended NovoPen® 6 or NovoPen Echo® Plus – a smart pen that can keep track of your insulin injections for you.

This guide will help you use your NovoPen® 6 or NovoPen Echo® Plus, so that you can spend less time thinking about diabetes treatment and more time getting on with life.

## NovoPen® just got smarter

NovoPen® 6 & NovoPen Echo® Plus are new smart pens that automatically record insulin dosing information about each injection. So you don't have to. Whether you're at home, at the office or even enjoying some time outdoors, NovoPen® 6 or NovoPen Echo® Plus keeps track of your insulin injections.

The dose memory display shows the amount of insulin units and time since your last injection. No worrying about when you last injected or how many units.



NovoPen® 6 offers a 60-unit maximum dose in 1-unit dose increments.  
NovoPen Echo® Plus offers a 30-unit maximum dose in 0.5-unit dose increments.

NovoPen® 6 ) NovoPen Echo® Plus )

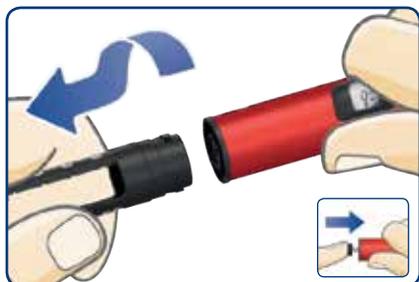
A close-up photograph of a car's rear light assembly, showing the red brake light and white reverse light. The car is light-colored, and a blue bag with white polka dots is visible in the background. The text is overlaid in the center of the image.

# How to use your NovoPen<sup>®</sup> 6 or NovoPen Echo<sup>®</sup> Plus



NovoPen® 6 ) NovoPen Echo® Plus )

# Prepare your NovoPen® 6 or NovoPen Echo® Plus



## Insert an 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.



- Slide a new insulin cartridge into the cartridge holder with the threaded end first.
- Twist the cartridge holder back on.



## 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
- Remove both needle caps and keep the outer needle cap for later
- Do not attach a new needle until you are ready to inject
- **Always use a new needle for each injection and never use a bent or damaged needle**

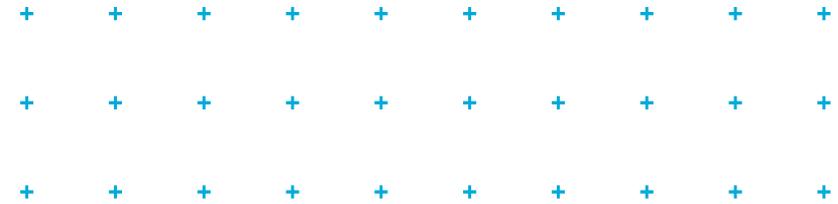
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This is a quick guide. Please see the User Guide that comes with NovoPen® 6 or NovoPen Echo® Plus for full information.

# Take your injection



## ⚠ ALWAYS test the insulin flow

This way you remove any gap between the piston rod head and the piston, remove any air bubbles, and check if the needle is blocked

- Select 2 units and press dose button until dose counter shows '0'.
- If no insulin appears or there is a gap in the insulin window, repeat the insulin flow test. Flow test is complete when insulin squirts and no gap shows between piston rod head and piston.

## Select your dose

- Pull out the dose button. Make sure the dose counter shows "0" before you start.
- Turn the dose button to select the dose you need.
- It is recommended to take the full dose with a new cartridge. Only split your dose between cartridges if you have been trained or advised by your doctor or nurse. If you do this wrong, you could inject too much or too little insulin. This could lead to your blood glucose becoming too low or too high.

## Inject your dose

- Insert the needle into your skin, as your doctor or nurse has shown you, and press the dose button until the dose counter shows '0'.
- Wait 6 seconds before you remove the needle from your skin. **Count to 10 to be sure.**
- Safely remove and dispose of the needle as advised by your doctor or nurse. You must not throw your used needles away in household waste.
- Put the pen cap back on.
- Do not store your pen with a needle attached.

# NovoPen® 6 & NovoPen Echo® Plus remember your injections



**NovoPen® 6 & NovoPen Echo® Plus have a dose memory that shows the details of your last injection.**

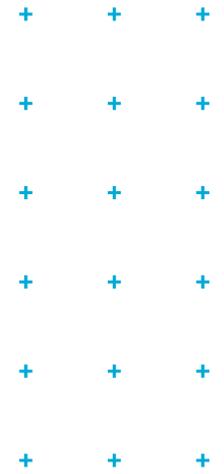
The number at the top shows the number of units last injected. The timer below counts the hours, minutes and seconds (hh:mm:ss) since your last injection

The example on the left shows 5.5 units injected 3 hours, 45 minutes and 10 seconds ago.

The dose memory also saves your injection history for the past three months. Keep reading for more information on how to use this to keep a personal injection log.

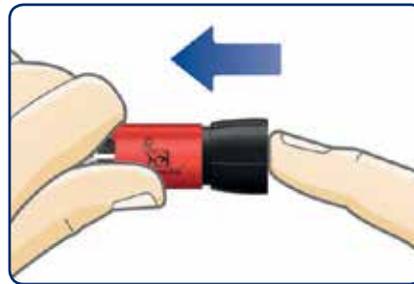


# How to check your last dose



## Pull out the dose button

Make sure the dose counter shows "0" before you start.



## Push the dose button back in

The dose memory will now show the details of your last dose.



## Read your dose memory

The example above shows 12 units injected 1 hour, 52 minutes and 3 seconds ago.



Scan the QR code to view an instructional video of NovoPen® 6



Scan the QR code to view an instructional video of NovoPen Echo® Plus

## What else can NovoPen® 6 & NovoPen Echo® Plus do?

NovoPen® 6 and NovoPen Echo® Plus work with different diabetes apps. You can transfer information about your insulin doses to your favorite compatible app and view them side by side with your glucose information (from blood glucose monitor or sensor). This will reveal how your personal injection habits affect your glucose levels.



Your pen has a unique pen ID, which is located on the dose button as shown above. The pen ID is linked to your injection details. When your pen is displayed on the diabetes app on your smartphone or device, the pen ID will be shown.

If you use different pens for different types of insulin, check the pen ID. It will tell you which of your pens the injection details come from.

## How to keep a personal injection log

If you have a smartphone, tablet, personal computer, or another device that supports Near Field Communication (NFC), you can easily transfer your insulin dosing information from your pen to your device. Just make sure to download a compatible app or other software that can read and display this information.

### To transfer your injection history to your device:

- Hold the dose memory of the pen straight against the NFC spot on your device (you may need to turn on the NFC function on some devices)
- Wait while your injection details are automatically transferred to a compatible app on your device.



### 1. Check if your device supports NFC.

Check the user manual for your device to find out if the device supports NFC, and exactly where the NFC spot is located on the device. It is found on the back of iPhones and android phones - either the top or mid point

### 2. Check if your device has a compatible app or other software to read your injection details.

If your device does not have a compatible app or other software, locate and download one

### 3. Check your app or other software to see:

- how to prepare the device for information transfer
- how to display your injection details

The N Mark is a trademark or registered trademark of NFC Forum, Inc. in the United States and in other countries.



Your insulin data from NovoPen® 6 or NovoPen Echo® Plus is easily transferred to the FreeStyle LibreLink app\* with a quick scan. Keep track and see the effect of insulin doses on your glucose levels to help you better manage your diabetes.

**With NovoPen® 6 & NovoPen Echo® Plus, you can transfer your insulin dosing information to your preferred diabetes app and easily share it with your healthcare provider**



Glooko® (formerly diasend®) allows you to sync your NovoPen® 6 and NovoPen Echo® Plus device and analyse your insulin data alongside continuous glucose monitors (CGMs), popular blood glucose (BG) meters, and health and fitness devices. A variety of reports can be accessed via the Glooko® Mobile App or Glooko® web app and securely shared with healthcare teams.



With mySugr®, data from NovoPen® 6 or NovoPen Echo® Plus can be viewed alongside glucose data for quick and easy pattern and trend identification.



Pen data from NovoPen® 6 and NovoPen Echo® Plus can currently be viewed with Dexcom® data using Glooko® (formerly diasend®).

\*The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the Abbott website for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.  
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Dexcom is a registered trademark in the United States and may be in other countries.  
mySugr is a registered trademark of Roche Holding AG.

# NovoPen<sup>®</sup> 6 & NovoPen Echo<sup>®</sup> Plus

## personalised insulin management



For more information from  
Novo Nordisk on diabetes, visit:  
[DiabetesWhatsNext.ie](https://DiabetesWhatsNext.ie)



To access  
[DiabetesWhatsNext.ie](https://DiabetesWhatsNext.ie)  
scan the QR code using  
a smartphone

With NovoPen<sup>®</sup> 6 & NovoPen Echo<sup>®</sup> Plus, both you and your diabetes team will have access to the reliable information you need to take a personalised approach to your insulin management.

- **Saves your injection history for the past 3 months, with both number of units and time since last injection**
- **Possibility to automatically share injection data with your diabetes team to support a more productive diabetes review consultation**
- **Supports treatment with all types of Novo Nordisk insulins available in a cartridge**

**For information about NovoPen<sup>®</sup> 6 & NovoPen Echo<sup>®</sup> Plus contact:**

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