



For adults and
children with diabetes

Fiasp[®] for mealtime blood sugar control

A rapid-acting insulin
that's designed to work fast

Fiasp[®] is approved for use with an insulin pump.^a

^aRefer to pump manufacturer's Instructions for Use.

Indications and Usage

What is Fiasp[®] (insulin aspart injection) 100 U/mL?

- Fiasp[®] is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information

Do not share your Fiasp[®] 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.

**Please see Important Safety Information throughout brochure.
Please see enclosed Prescribing Information.**



Fiasp[®]
insulin aspart injection
100 units/mL

Fast facts about Fiasp®



Fiasp® has dosing options—you can **take it at the start of a meal**, or up to **20 minutes after** you start eating



Fiasp® is a mealtime insulin that's designed **to work fast** in adults and children with diabetes



Fiasp® enters the bloodstream in approximately **2½ minutes**



Fiasp® is proven to **help lower A1C** when taken with a long-acting insulin

Important Safety Information (cont'd)

Who should not take Fiasp®?

Do not take Fiasp® if:

- your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

Before taking Fiasp® tell your health care provider about all your medical conditions including, if you:

- have kidney or liver problems.
- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if Fiasp® passes into your breast milk.
- are taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about low blood sugar and how to manage it.

Fiasp® is available in a FlexTouch® Pen, PenFill® cartridge, or a vial, and is approved for use in an insulin pump.



For more on taking a mealtime insulin along with a long-acting insulin, scan the code above or visit **MyFiasp.com**.

Fiasp® with your first bite

Fiasp® is designed to work fast

It enters your bloodstream in approximately 2½ minutes.

You can take Fiasp®:

At the start of the meal

OR

Within 20 minutes after
the start of a meal

Talk with your health care provider.

He or she will tell you the appropriate time to take Fiasp® based on your individual goals and needs.



Fiasp® was proven to help lower A1C
when taken with long-acting insulin.



“Having a
mealtime insulin I
can take at the start of a meal,
or even 20 minutes after I start eating,
gives me options when I eat.”

—Brett
Age 35, type 1 diabetes

Models are for illustrative purposes only. Individual results may vary.

Important Safety Information (cont'd)

How should I take Fiasp®?

- **Read the Instructions for Use** and take Fiasp® exactly as your health care provider tells you to.
- **Fiasp® starts acting fast.** You should take your dose of Fiasp® at the beginning of the meal or within 20 minutes after starting a meal.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.

**Call 1-877-304-6862 or visit MyFiasp.com
for more information.**

Ways to take Fiasp®

Fiasp® gives you delivery options:

- **FlexTouch®**—the latest prefilled insulin pen from Novo Nordisk. Needles are sold separately and may require a prescription in some states
- **PenFill® cartridges**—disposable cartridges that are loaded into your NovoPen Echo® (may also be used in other Novo Nordisk insulin delivery devices)
 - **NovoPen Echo®**—a reusable insulin pen that allows for half-unit dosing and automatically records the last dose and approximate time since your last injection
- **10-mL vials**—can be used with a syringe or insulin pump (refer to the pump user manual for instructions)



APPROVED

Fiasp® is approved for use with an insulin pump.

Refer to the pump user manual for instructions.

How to store Fiasp®

Storage conditions for Fiasp® FlexTouch®, PenFill® cartridges, and the vial^a

Prior to first use^b



Refrigerated (36°F to 46°F)
until expiration date

After first use^c

Up to 28 days (4 weeks)



Room temperature
(below 86°F)

OR



Refrigerated
(36°F to 46°F)

^aDo not freeze Fiasp®. Do not use Fiasp® if it has been frozen.

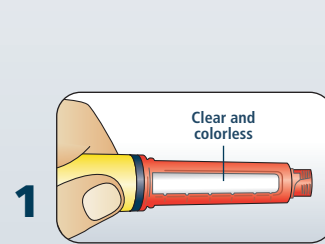
^bUnused Fiasp® may be kept at room temperature (below 86°F) for up to 28 days (4 weeks).

^cDo not refrigerate Fiasp® PenFill® cartridges after first use.

Important Safety Information (cont'd)

How should I take Fiasp®? (cont'd)

- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting pits in skin or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) at the injection sites.
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.



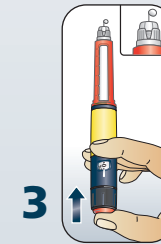
1 Check your insulin type

Read the label to check you have the right insulin. Make sure the insulin is clear and colorless.



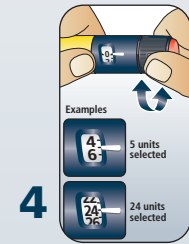
2 Attach a new needle

Pull off the paper tab. Push and twist the needle on until it is tight. Pull off **both** needle caps.



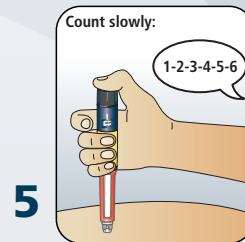
3 Prime your pen

Turn the dose selector to select 2 units. Press and hold the dose button. Make sure a drop of insulin appears at the needle tip.



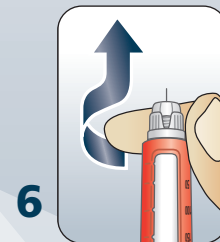
4 Select your dose

Ensure the dose selector is at zero, then turn the dose selector to select the number of units you need to inject.



5 Give your injection

Wipe the injection site with an alcohol swab and let dry. Insert the needle in the thigh, upper arm, or abdomen. Press and hold the dose button. After the dose counter reaches 0, slowly count to 6.



6 Remove the needle

Remove the needle

Carefully remove the needle and place it in a sharps container. Replace the pen cap.

Do not share your Fiasp® FlexTouch® Pen with other people, even if the needle is changed.

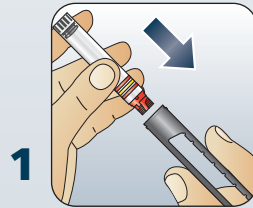
Important Safety Information (cont'd)

How should I take Fiasp®? (cont'd)

- If you miss a dose of Fiasp® monitor your blood sugar levels to decide if an insulin dose is needed. Continue with your regular dosing schedule at the next meal.

How to use Fiasp® PenFill® cartridges

This is a Quick Guide. Please see enclosed Instructions for Use for full information.



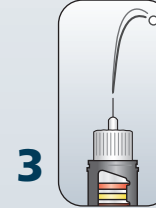
1 Insert your cartridge

Insert a 3 mL cartridge—threaded end first—into your Novo Nordisk 3 mL PenFill® cartridge compatible insulin delivery device.



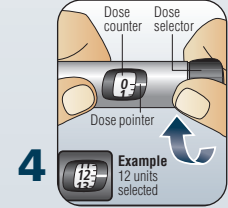
2 Attach a new needle

Pull off the paper tab. Push and twist the needle on until it is tight. Pull off **both** needle caps.



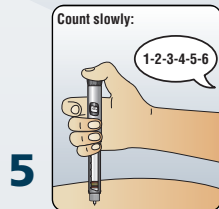
3 Check insulin flow

Do an airshot before each injection to avoid injecting air and to make sure you receive the prescribed dose of your medicine. Keep testing your device until an insulin drop appears at the needle tip.



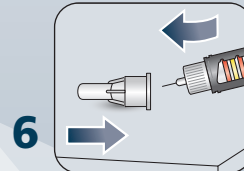
4 Select your dose

Ensure the dose selector is at zero, then turn the dose selector to select the number of units you need to inject.



5 Give your injection

Wipe the injection site with an alcohol swab and let dry. Insert the needle in the thigh, upper arm, or abdomen. Press and hold the dose button. After the dose counter reaches 0, slowly count to 6.



6 Remove the needle

Carefully replace the outer pen cap, then remove the needle and place it in a sharps container. Replace the pen cap.

When finished, keep the 3 mL PenFill® cartridge in the device. Do not store your device with a needle attached.

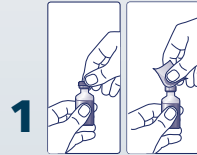
Important Safety Information (cont'd)

How should I take Fiasp®? (cont'd)

- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.

How to use the Fiasp® Vial

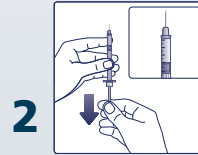
This is a Quick Guide. Please see enclosed Instructions for Use for full information.



1

Prepare your vial

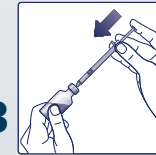
Make sure the insulin is clear and colorless. Pull off the tamper-resistant cap. Wipe the rubber stopper with an alcohol swab.



2

Prepare your syringe

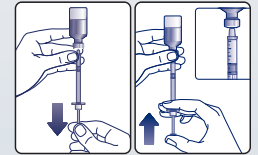
Hold the syringe with the needle pointing up. Pull down on the plunger until the tip of the plunger reaches the line for the number of units for your prescribed dose.



3

Insert the needle

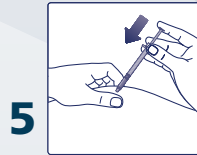
Push the needle through the rubber stopper of the vial. Then push the plunger all the way in. This puts air into the vial.



4

Measure your dose

Turn the vial and syringe upside down and slowly pull the plunger down a few units past your dose, and tap the syringe gently a few times to let any air bubbles rise to the top. Then slowly push it back up until the tip of the plunger reaches the line for your prescribed dose.



5

Give your injection

Pull the syringe out of the rubber stopper. Wipe injection site with an alcohol swab and let dry. Insert the needle in the thigh, upper arm, or abdomen. Push down on the plunger to inject your dose. Then pull the needle out of your skin.



6

Dispose of your syringe

Do not recap needle. Put your used insulin needles and syringes in a sharps disposal container right away after use.

Inject your Fiasp® exactly as your health care provider has shown you. Your health care provider should tell you if you need to pinch the skin before injecting.

Important Safety Information (cont'd)

How should I take Fiasp®? (cont'd)

- 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.

Why it's important to track your blood sugar

Checking and tracking your blood sugar lets you and your health care provider know if your current treatment is working. He or she will tell you when and how often to check your blood sugar.

Here are some times when you may be instructed to check:



When you wake up



Before meals or large snacks



1 to 2 hours after meals



Before, during, and within minutes after physical activity

Get to know how Fiasp® works in the body to help control blood sugar at **MyFiasp.com**.

Download a Blood Sugar Tracker at [Cornerstones4Care.com](https://www.cornerstones4care.com).

Important Safety Information (cont'd)

What should I avoid while taking Fiasp®?

- **Do not** drive or operate heavy machinery, until you know how Fiasp® affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

Cornerstones4Care® provides personalized resources for you!

- **Interactive Trackers**—Including A1C, weight, and blood sugar tracking tools
- **Meal Planning Tools**—A way to plan and track your meals and create a menu of tasty, diabetes-friendly dishes
- **Diabetes Fact Sheets**—Free, downloadable sheets designed to help you learn more about diabetes

You'll also have access to the **Cornerstones4Care® Diabetes Health Coach**—a step-by-step program to help you better manage your diabetes.

- Get e-coaching sessions focused on your first 90 days
- Track your progress to see how far you've come in making healthy changes
- If eligible, you may request phone calls from a **Diabetes Care & Education Specialist** for additional support when you need it



Get started.

You can sign up at [MyFiaspSupport.com](https://www.MyFiaspSupport.com) or over the phone at 1-877-304-6862.

Fiasp®
insulin aspart injection
100 units/mL

Save on Fiasp®

The Novo Nordisk Instant Savings Card

Visit **MyFiaspCost.com** to look up your coverage and learn if you're eligible for the **Fiasp® Instant Savings Program**, where you may pay as little as **\$25 per 30-day supply for up to 2 years**.

Maximum savings of \$100 per 30-day supply when you start Fiasp®.

Eligibility and other restrictions apply. For more details, go to **NovoCare.com**.

Novo Nordisk Instant Savings Card

To activate your card, call
1-877-304-6852
or visit www.MyFiaspSavings.com

\$25
FOR 2 YEARS

Save on products from Novo Nordisk

Pay as little as:

- \$25 per 30-day supply up to 2 years (maximum savings up to \$100 per 30-day supply)

- Get one FREE box of Novo Nordisk needles (maximum savings of \$60)^a

*Needles are sold separately, will need a prescription, and need to be processed by a pharmacist.

Needles must not be shared. Eligibility and other restrictions apply. See back for details.



Fiasp®
insulin aspart injection
100 units/mL

Activate your card before you go to fill your prescription. And don't forget to bring your card when you go to the pharmacy!



It's our goal to help you
with affordability and access.

Visit NovoCare.com for support.



**Get a FREE box of
Novo Nordisk needles^a**
when you activate your card
and enroll in the program.

^aLimit 1 box of needles per person and maximum savings of \$60.
Needles are sold separately, will need a prescription, and need
to be processed by a pharmacist. Needles must not be shared.

Indications and Usage

What is Fiasp® (insulin aspart injection) 100 U/mL?

- Fiasp® is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information

Do not share your Fiasp® 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.

Who should not take Fiasp®?

Do not take Fiasp® if:

- your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

Before taking Fiasp® tell your health care provider about all your medical conditions including, if you:

- have kidney or liver problems.
- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if Fiasp® passes into your breast milk.
- are taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about low blood sugar and how to manage it.

How should I take Fiasp®?

- **Read the Instructions for Use** and take Fiasp® exactly as your health care provider tells you to.
- **Fiasp® starts acting fast.** You should take your dose of Fiasp® at the beginning of the meal or within 20 minutes after starting a meal.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.
- **Change (rotate) your injection sites within the area you choose with each injection** to reduce your risk of getting pits in skin or thickened skin (lipodystrophy) and skin with lumps (localized cutaneous amyloidosis) at the injection sites.
 - **Do not** use the exact same spot for each injection.
 - **Do not** inject where the skin has pits, is thickened, or has lumps.
 - **Do not** inject where the skin is tender, bruised, scaly or hard, or into scars or damaged skin.

- If you miss a dose of Fiasp® monitor your blood sugar levels to decide if an insulin dose is needed. Continue with your regular dosing schedule at the next meal.
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.
- **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.

What should I avoid while taking Fiasp®?

- **Do not** drive or operate heavy machinery, until you know how Fiasp® affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of Fiasp®?

Serious side effects can lead to death, including:

- **Low blood sugar (hypoglycemia).** Some signs and symptoms include: anxiety, irritability, mood changes, dizziness or light-headedness, sweating, confusion, and headache.
- **low potassium in your blood (hypokalemia).**
- **serious allergic reactions (whole body reactions).** Get emergency medical help right away if you have a rash over your whole body; trouble breathing; a fast heartbeat; swelling of your face, tongue or throat; sweating; extreme drowsiness; dizziness, or confusion.
- **heart failure.** Taking certain diabetes pills called TZDs (thiazolidinediones) with Fiasp® may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with Fiasp®. Your health care provider should monitor you closely while you are taking TZDs with Fiasp®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, swelling of your ankles or feet, or sudden weight gain.

Your insulin dose may need to change because of:

- weight gain or loss, increased stress, illness, or change in diet or level of physical activity.

Common side effects of Fiasp® may include:

- skin problems such as eczema, rash, itching, redness and swelling of your skin (dermatitis), reactions at the injection site such as itching, rash, skin thickening or pits at the injection site (lipodystrophy), or weight gain.

Fiasp®
insulin aspart injection
100 units/mL



**Ask your
health care provider
if Fiasp® may be right for you.**

**Call 1-877-304-6862 or visit MyFiasp.com
for more information.**

Fiasp® is a prescription medicine.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**Please see Important Safety Information throughout
brochure. Please see enclosed Prescribing Information.**



Partnership for
Prescription Assistance

If you need assistance with prescription costs, help may be available.
Visit pparx.org or call 1-888-4PPA-NOW.



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insulin aspart injection
100 units/mL

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