

# Getting Started on Tresiba® FlexTouch®

Tresiba® has an **in-use time of 8 weeks, 2x longer** than insulin glargine U-100<sup>1,2,b,c</sup>

Tresiba® FlexTouch® Comes in 2 Dose Formulations: U-100 and U-200<sup>1,a</sup>



Needles are sold separately and may require a prescription in some states.  
Needles and Tresiba® FlexTouch® must not be shared.

## TRESIBA® FLEXTOUCH® U-100

Available in the U-100 pen you're familiar with; works with NovoFine® or NovoTwist® needles

- Pen contains 300 total units<sup>1</sup>
- Maximum dose of 80 units in a single injection<sup>1</sup>
- 1-unit dose adjustments<sup>1</sup>
- Light green label

## TRESIBA® FLEXTOUCH® U-200

The U-200 pen delivers the same dose in half the volume of U-100; works with NovoFine® or NovoTwist® needles

- Pen contains 600 total units—the highest capacity of any long-acting basal insulin<sup>1</sup>
- Patients who need higher doses can take up to 160 units in a single injection<sup>1</sup>
- 2-unit dose adjustments<sup>1</sup>
- Dark green label

Neither Tresiba® FlexTouch® Pen Has a Push-Button Extension

### Tresiba® FlexTouch® Use

- Never share insulin pens with anyone, even if you attach a new pen needle
- Use a new pen needle for every injection
- Remove pen needle after every injection and discard it into a puncture-resistant container
- Do not store Tresiba® FlexTouch® with the needle attached<sup>d</sup>
- If the Tresiba® FlexTouch® pen isn't working properly, perform a function check according to the Patient Instructions for Use

## Detailed Guidance Is Only a Call, Click, or Visit Away



### Novo Nordisk Customer Care

Call 1-800-727-6500 to speak with a customer care representative about Tresiba® FlexTouch®



### Tresiba® Website

Go to [Tresiba.com](http://Tresiba.com) for instructions and a training video on using Tresiba® FlexTouch®



### Physician and Pharmacist

Contact your doctor or pharmacist to learn more about Tresiba® FlexTouch®



### Cornerstones4Care®

Support and diabetes management tools built around you. Enroll today to get **free**, personalized diabetes support at [Cornerstones4Care.com](http://Cornerstones4Care.com)

<sup>a</sup>U-100 formulation is also available in a 10-mL vial.

<sup>b</sup>Opened (in-use) Tresiba® FlexTouch® devices must be discarded 8 weeks after being opened. Once in use, the device should be refrigerated (36°F to 46°F [2°C to 8°C]) or kept at room temperature (below 86°F [30°C]), away from direct heat and light.<sup>1</sup>

<sup>c</sup>Opened (in-use) SoloSTAR® devices must be discarded 4 weeks (Lantus®) or 8 weeks (Toujeo®) after being opened. Once in use, the device must be kept at room temperature and should not be refrigerated.<sup>2,3</sup>

<sup>d</sup>Storing without the needle attached helps prevent leaking, blocking of the needle, and air from entering the pen.

## What is Tresiba®?

- Prescription Tresiba® is a long-acting insulin used to control high blood sugar in adults and children who are 1 year of age and older with diabetes
- Tresiba® is not for people with diabetic ketoacidosis
- It is not known if Tresiba® is safe and effective in children under 1 year of age
- Tresiba® is available in 2 concentrations: 200 units/mL and 100 units/mL

## Important Safety Information

**Do not share your Tresiba® FlexTouch® with other people, even if the needle has been changed. Do not share needles or syringes with another person. You may give other people a serious infection, or get a serious infection from them.**

### Who should not take Tresiba®?

**Do not take Tresiba® if you:**

- are having an episode of low blood sugar
- are allergic to Tresiba® or any of the ingredients in Tresiba®



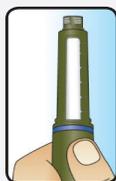
Please see additional Important Safety Information on next page.  
Please [click here](#) for Prescribing Information.

**TRESIBA®**  
insulin degludec injection 100 U/mL, 200 U/mL

# A Guide to Using Your Tresiba® FlexTouch®

This is a quick guide. Please see Instructions for Use for full information.

## Prepare your pen



### Check your insulin type

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



### Attach a new needle

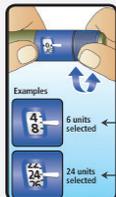
Pull off the paper tab. Push and twist the needle on until it is tight. Pull off both needle caps.



### Prime your pen

Turn the dose selector to select **2 units**. Press and hold the dose button. Make sure a drop appears.

## Give your injection

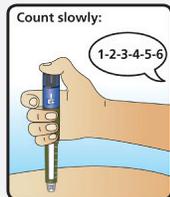


### Select your dose

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

**U-200:** Each line on the dial is an even number.

**U-100:** Even numbers are printed on the dial; **odd** numbers are shown as lines.



### Give your injection

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.<sup>a</sup>



### Remove the needle

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

<sup>a</sup>**Please note** that if the needle is removed before the 6-second count is completed after the dose counter returns to "0," then your dose may be too low by as much as 20%. If this happens, you may need to check your blood sugar again and take more insulin—ask your doctor.

For a free FlexTouch® training session, please call 1-877-246-8910 to talk to a FlexTouch® pen specialist  
9 AM to 6 PM (ET) Monday–Friday

## Important Safety Information (cont'd)

### Who should not take Tresiba®? (cont'd)

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

- pregnant, planning to become pregnant, or are breastfeeding
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements

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

### How should I take Tresiba®?

- **Read the Instructions for Use** and take Tresiba® exactly as your health care provider tells you to
- **Do not do any conversion of your dose. The dose counter always shows the selected dose in units**
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your health care provider tells you to
- Adults - If you miss or are delayed in taking your dose of Tresiba®:
  - Take your dose as soon as you remember, then continue with your regular dosing schedule
  - Make sure there are at least **8** hours between doses
- If children miss a dose of Tresiba®:
  - Call the healthcare provider for information and instructions about checking blood sugar levels more often until the next scheduled dose of Tresiba®
- For children who need less than 5 units of Tresiba® each day, use a Tresiba® U-100 vial
- **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 or syringes with other people.** You may give them a serious infection, or get a serious infection from them
- **Never** inject Tresiba® into a vein or muscle
- **Never** use a syringe to remove Tresiba® from the FlexTouch® pen

### What should I avoid while taking Tresiba®?

- **Do not** drive or operate heavy machinery, until you know how Tresiba® affects you
- **Do not** drink alcohol or use prescription or over-the-counter medicines that contain alcohol

### What are the possible side effects of Tresiba®?

**Tresiba® may cause serious side effects that can be life-threatening, including:**

- **Low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache
- **Low potassium in your blood (hypokalemia)**
- **Heart failure** in some people if taken with thiazolidinediones (TZDs). This can happen even if you have never had heart failure or heart problems. If you already have heart failure, it may get worse while you take TZDs with Tresiba®. Tell your health care provider if you have any new or worse symptoms of heart failure including shortness of breath, tiredness, swelling of your ankles or feet, and sudden weight gain

**Your insulin dose may need to change because of** change in level of physical activity or exercise, increased stress, change in diet, weight gain or loss, or illness.

**Common side effects may include** reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

**Get emergency medical help if you have** trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

**References:** 1. Tresiba [package insert]. Plainsboro, NJ: Novo Nordisk Inc; November 2018. 2. Lantus [package insert]. Bridgewater, NJ: Sanofi-Aventis US LLC; August 2015. 3. Toujeo [package insert]. Bridgewater, NJ: Sanofi-Aventis US LLC; October 2018.

### Please click here for Prescribing Information.

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**TRESIBA®**  
insulin degludec injection 100 U/mL, 200 U/mL