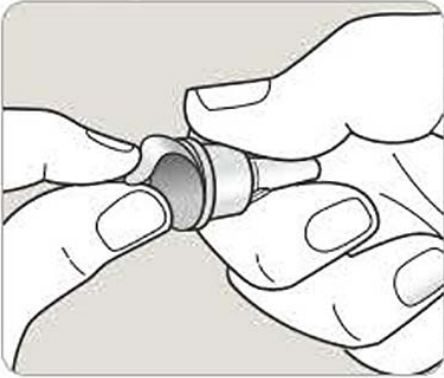


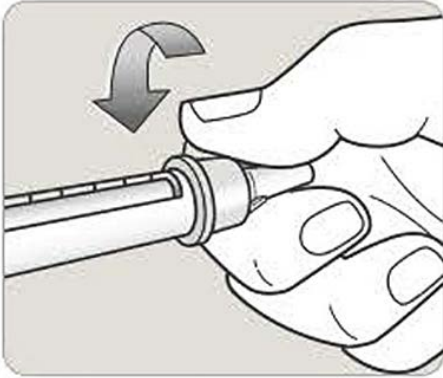
How to use NovoFine® needles

Attaching the NovoFine® needle to your pen device



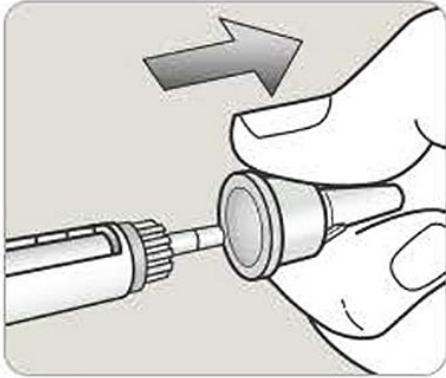
Step 1:

Take a new needle. Tear off the paper tab



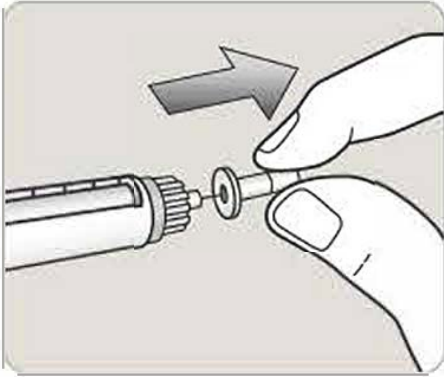
Step 2:

Push the needle straight onto the pen. Turn until it is on tight



Step 3:

Pull off the outer needle cap and keep it for later. You will need it after the injection to safely remove the needle from the pen



Step 4:

Pull off the inner needle cap and throw it away. If you try to put it back on, you may accidentally stick yourself with the needle. A drop of the medicine may appear at the needle tip. This is normal, but you must still check the flow

If you are taking insulin, please always check the flow before you begin to inject. This helps to ensure that you get your full dose of insulin. Additional information on injecting is available from your doctor and in the Instruction for Use that comes with your pen

Inject into the right part of the skin

- The medicine has to be injected into the fatty layer of the skin called the subcutaneous layer
 - The depth of the subcutaneous layer is different for every person and at different parts of the body
- The length of the needle could influence which injection technique you should use to ensure your medicine is correctly injected
 - For instance, the NovoFine® 4 mm needle is so short, you may not have to pinch the skin and create a “skin fold” before injecting, and you could even be able to inject at a 90° angle directly into your skin
 - Your doctor or nurse will be able to tell you which technique is best for you, and it is best to follow this guidance
- NovoFine® comes in several lengths, 4 mm, 6 mm and 8 mm

Always use a new needle

Remember that pen needles are sterile products designed for single use only

Reusing a needle could:

- damage the needle tip and protective coating, making injections more painful and causing bleeding or bruising
- result in blockage, making it more difficult to deliver your medicine during the next injection
- increase the risk of breakage, which can damage your skin

Correct needle disposal

To reduce the risk of injury to others, pen needles should be disposed of in a puncture-resistant container, such as a “sharps container”, according to local regulations. Check local recommendations for discarding medical waste.