

- **Do I need to change my injection device as well?**

NovoRapid® is available in the latest insulin delivery systems.

Changing from Pork Actrapid® to NovoRapid® means you will have to change your injection device as well. A disposable injection device is available or you may wish to start using a reusable injection device with cartridges.

Your doctor or diabetes nurse will discuss the best options available for you.

Please remember that after any change is made to your insulin you should carefully monitor your blood glucose. Your doctor or nurse will discuss this with you in more detail.

Novo Nordisk Customer Care

**0845 600 5055**

Calls charged at local rate.  
Calls may be recorded for training purposes.  
Monday to Friday: 08.30 – 17.30  
(Excluding bank holidays)

[www.changingdiabetes.co.uk](http://www.changingdiabetes.co.uk)

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UPDATED VERSION

**Are you changing from  
Pork Actrapid®?**



**This leaflet will explain the differences between  
Pork Actrapid® and Actrapid® or NovoRapid®.**

More information on  
your new insulin will  
be available from your  
doctor or diabetes nurse.



## Why do I need to change my insulin?

At Novo Nordisk we are constantly working to improve insulin treatments and insulin delivery devices for everyone. Pork Actrapid® was first introduced in the UK over 60 years ago. Since then research into diabetes and our understanding of insulin has progressed significantly. We have developed newer insulin products and improved insulin delivery devices. Actrapid® (human) was first produced over 20 years ago and more recently NovoRapid® which has been on the market for over 5 years.

Now that other alternatives are available, fewer people have been using Pork Actrapid® over the years and therefore we will not continue to produce Pork Actrapid®.

There are alternative animal insulin preparations available from Wockhardt UK Ltd. Please contact your health care professional for advice.

## How does Actrapid® (human) differ from Pork Actrapid®?

Pork Actrapid® is extracted from pig pancreas. Science now allows us to use yeast cells to produce insulin (e.g. Actrapid® [human]). In effect these cells act like "mini factories".

- **The action of Actrapid® (human) is similar to that of Pork Actrapid®**

You will not need to change your daily routine if you are moved onto Actrapid® (human).

You will still need to inject 20–30 minutes before eating.

It is available in the same 10ml vials as Pork Actrapid®.

Your doctor or diabetes nurse may have to adjust your dose if they switch you from one type or brand of insulin to another.

## What is NovoRapid® and how does it differ from Pork Actrapid®?

NovoRapid® is an insulin known as a rapid-acting analogue insulin for the treatment of diabetes. Just like Pork Actrapid® it is used to cover your mealtime insulin need. In a person without diabetes, a quick burst of insulin is produced after a meal to cover the sudden increase in blood glucose. The effect of NovoRapid® intends to copy this action.

- **NovoRapid® acts more quickly**

NovoRapid® works more quickly and for a shorter period of time than Pork Actrapid®. Due to this NovoRapid® is given **immediately** before a meal, and, when necessary can be given immediately after a meal. Therefore you do not need to inject 30 minutes before your meal.

- **Do I need to change my daily routine?**

Your doctor or diabetes nurse will explain to you in more detail how this change of insulin will affect your daily routine. For example you may no longer need to eat a snack between meals. When you visit your doctor or nurse, more information on NovoRapid® is available for you to take away.