

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

NovoMix® 30 is available in the latest insulin delivery systems.

Changing from Pork Mixtard® 30 to NovoMix® 30 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

Novo Nordisk Limited, Broadfield Park,
Brighton Road, Crawley, West Sussex RH11 9RT.



INS/544/0206



Date of preparation: March 2006

UPDATED VERSION

Are you changing from
Pork Mixtard® 30?



This leaflet will explain the differences between
Pork Mixtard® 30 and Mixtard® 30 or NovoMix® 30.

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 Mixtard® 30 was first introduced in the UK over 40 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. Mixtard® 30 (human) was first produced over 20 years ago and more recently NovoMix® 30 which has been on the market for over 4 years.

Now that other alternatives are available, fewer people have been using Pork Mixtard® 30 over the years and therefore we will not continue to produce Pork Mixtard® 30.

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

How does Mixtard® 30 (human) differ from Pork Mixtard® 30?

Pork Mixtard® 30 is extracted from pig pancreas. Science now allows us to use yeast cells to produce insulin (e.g. Mixtard® 30 [human]). In effect these cells act like "mini factories".

- **The action of Mixtard® 30 (human) is similar to that of Pork Mixtard® 30**

You will not need to change your daily routine if you are moved onto Mixtard® 30 (human).

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

- **It is available in the same 10ml vials as Pork Mixtard® 30. A prefilled injection device is also 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.

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

What is NovoMix® 30 and how does it differ from Pork Mixtard® 30?

NovoMix® 30 is an insulin known as a premixed analogue insulin for the treatment of diabetes. Like Pork Mixtard® 30 this means it is a combination of mealtime (rapid acting) and background (basal) insulin.

In a person without diabetes, a quick burst of insulin is produced after a meal to cover the sudden increase in blood glucose. There is also a background level of insulin all the time. The effect of NovoMix® 30 intends to copy this action.

- **NovoMix® 30 acts more quickly**

NovoMix® 30 works more quickly than Pork Mixtard® 30. Due to this NovoMix® 30 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 NovoMix® 30 is available for you to take away.