



My guide to Tresiba®

(insulin degludec)

Tresiba® is used to treat diabetes mellitus in adults, adolescents and children from the age of 1 year.



This booklet is for people who have been prescribed Tresiba® (insulin degludec). Please see the Consumer Medicine Information and the Instructions For Use that come with your Tresiba® Penfill®.

TRESIBA®
insulin degludec injection 100 Units/mL

What is Tresiba®?

Tresiba® is a long-acting insulin, similar to the insulin your body naturally makes. It has been modified so it's released slowly and evenly in the body. Modified insulins like Tresiba® are also called "insulin analogues".

How does Tresiba® treat diabetes?

Diabetes mellitus is a condition where your pancreas doesn't make enough insulin to control your blood sugar (glucose) levels. There are two types of diabetes mellitus:

• Type 1 diabetes

People with type 1 diabetes always need insulin to control their blood sugar levels.

• Type 2 diabetes

Some people with type 2 diabetes need insulin to help control their blood sugar levels – usually after they have tried diet, exercise, tablets, or other injectable medicines to help their diabetes.

Tresiba® can be used together with diabetes tablets, other injectable diabetes medicines, and/or with insulin you take at mealtimes (also called "short-acting", "prandial" or "bolus" insulin). You and your doctor will decide together what treatment is best for you.

How do I take Tresiba®?

Tresiba® can be taken at any time of the day, preferably at the same time every day

Your doctor, diabetes educator, or pharmacist will have given you advice on how to use Tresiba®. It's important to carefully follow all their directions, including:

- how much Tresiba® you need to take each day
- when to check your blood sugar level, and if you need a higher or lower Tresiba® dose.

What is Tresiba® Penfill®?

Tresiba® Penfill® is a small 3mL cartridge that contains insulin. It's compatible for use with NovoPen® devices.



NovoPen® is available free of charge from any pharmacy participating in the NovoPen® Pharmacy Program. Scan the QR code or visit <https://novopen.pharmaprograms.com.au/pharmacy-locator> to find a pharmacy near you participating in the NovoPen® Pharmacy Program.



How do I use the NovoPen®?

Your doctor, diabetes educator, or pharmacist will show you how to use your NovoPen® with Tresiba®. You can also scan the QR code or visit <https://www.novonordisk.com.au/patients/novopen-4/how-to-use.html> to access the NovoPen® user guide and a video that shows you how to use NovoPen®.



How do you inject Tresiba®?



Wash your hands



Check the amount of insulin – Check that there is enough insulin for your injection. If there is not enough insulin left, or there's no Penfill® cartridge in your pen, load a new Tresiba® Penfill® cartridge.



Attach a NovoFine® needle – Use an alcohol swab to disinfect the Penfill® rubber membrane and attach a NovoFine® needle.



Prime your pen – Follow the instructions in your insulin pen's user manual to check for insulin flow (priming) before each injection. Priming also removes any air bubbles and can tell you whether a needle is broken.



Select your dose – Use the dial on your pen to select your correct dose.



Inject your dose – Pinch the skin between two fingers, push the needle into the raised skin and inject the full dose of insulin under the skin. Slowly count to 6 before pulling the needle out. Apply gentle pressure over the injection site for several seconds. Tresiba® should only be injected once a day.



Dispose of the needle – Using the outer needle cap, remove the used needle and dispose of it safely into a yellow plastic sharps container.

Where do you inject Tresiba®?

The best places on your body to inject Tresiba® are the abdomen, thighs, or upper arms. It's important to regularly change the area of your skin where you inject Tresiba® to reduce the chance of having a skin reaction. Your doctor or diabetes educator will show you how to do this.

What to do if you miss a dose of Tresiba®

- Check your blood sugar level and test your urine for ketones as soon as possible.
- Do not take a double dose to make up for the dose you missed.
- If it is almost time for your next dose, skip the dose you missed and use your next dose when you are meant to.
- Otherwise, use Tresiba® as soon as you remember, and then go back to using Tresiba® once a day. Always leave a minimum of 8 hours between Tresiba® doses.

What to do if you take too much Tresiba®

If you think you have used too much Tresiba® your blood sugar may get too low (hypoglycaemia) and you should immediately:

- follow the instructions your doctor, diabetes educator, or pharmacist has given you for dealing with low blood sugar or hypoglycaemia
- phone the Poisons Information Centre (by calling 13 11 26 in Australia), or
- contact your doctor, or
- go to the emergency department of your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

If you have missed a dose or taken too much Tresiba® and you're not sure what to do, talk to your doctor, diabetes educator, or pharmacist.

How do you store Tresiba®?

Before first use

- Store Tresiba® Penfill® cartridges in the fridge (2–8°C).

After opening, or when carried as a spare

- Store your insulin pen with Tresiba® Penfill® cartridge and your spare Tresiba® Penfill® cartridge at room temperature (below 30°C) for up to 28 days.
- Do not refrigerate.
- Throw out after 28 days, or when the expiry date printed on the label and carton has passed.



Do not freeze Tresiba® Penfill®



Do not expose Tresiba® Penfill® to heat or direct sunlight. Protect Tresiba® Penfill® from light by storing the cartridges in the carton when not in use.



Keep Tresiba® Penfill® where young children cannot reach it

What side effects do people have with Tresiba®?

Like all medications, Tresiba® can have unwanted side effects in some people. Most of these are minor and temporary, but some side effects might need medical attention.

The most common side effect when using insulin is mild-to-moderate low blood sugar (hypoglycaemia).

Other less-serious side effects with Tresiba® include pain, swelling, itching or irritation, skin thickening or lumps at the injection site. When some people start Tresiba® they may notice visual problems, or swollen hands and feet. These side effects are usually short-lived and not serious, but if any of them worry you, speak to your doctor, diabetes educator, or pharmacist.

Serious side effects are a medical emergency

Serious side effects include symptoms of severe low blood sugar (hypoglycaemia), like:

- disorientation or feeling confused
- seizures, fits or convulsions
- loss of consciousness.

Other serious side effects include:

- skin rashes over a large part of the body
- shortness of breath or wheezing
- swelling of the face, lips or tongue
- fast pulse
- sweating
- signs of heart failure, such as unusual shortness of breath, or rapid increase in weight or localised swelling (oedema).

Tell your doctor immediately or go to the emergency department of your nearest hospital if you notice any of these serious side effects

Tresiba® DOs and DON'Ts

DO

- measure your blood sugar levels regularly, as your doctor or diabetes educator has recommended
- make sure friends, family and any healthcare professional you see know you have diabetes and are using insulin
- keep using Tresiba® even if you feel well
- if you have trouble reading the dose counter on your insulin pen, ask a person with good eyesight to help you
- carry sugary food or fruit juice with you to eat or drink if you have low blood sugar
- carry a spare Penfill® in case the one you're using is lost or damaged.

DON'T

- stop using Tresiba® unless your doctor tells you to
- use Tresiba® if you think it's been frozen or exposed to heat
- use Tresiba® to treat any other medical complaints unless your doctor tells you to
- give Tresiba® to anyone else, even if they have the same condition as you
- use the same needle for more than one dose or share needles.

Tell your doctor or diabetes educator if you:

- often have hypoglycaemic episodes (hypos) or ever pass out (become unconscious) after using insulin. Your doctor may have to adjust your insulin dose
- find it difficult to recognise when your blood sugar is low (when you are having hypo symptoms)
- notice skin changes where you have been injecting Tresiba®
- become sick, especially if you have nausea and vomiting, as your insulin dose may need to change. You and your doctor should design an insulin plan for times when you are sick
- change your diet, or your exercise routine
- have changes in your eyesight
- plan to travel. You may need a letter from your doctor explaining why you need to carry injecting devices. Your doctor, diabetes educator, or pharmacist can provide helpful information on travelling with insulin
- want to stop taking Tresiba®.

For more support using Tresiba®, speak with your doctor, diabetes educator, or pharmacist

Doctor	Diabetes educator	Pharmacy
Name:	Name:	Name:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone:	Phone:	Phone:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone after hours:	Phone after hours:	Phone after hours:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Email:	Email:	Email:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Address:	Address:	Address:
<input type="text"/>	<input type="text"/>	<input type="text"/>

Further information

For more support using Tresiba®, speak with your doctor, diabetes educator, or pharmacist, or call Novo Nordisk Medical Information (Australia) on 1800 668 626

TRESIBA[®]
insulin degludec injection 100 Units/mL

For a copy of the Tresiba® Penfill® Consumer Medicine Information (CMI), scan the QR code



This medicinal product is subject to additional monitoring in Australia. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. You can report side effects to your doctor, or directly at www.tga.gov.au/reporting-problems.