

What is Tresiba®?

TRESIBA®
insulin degludec injection 100 Units/mL

Tresiba® is a long-lasting insulin, similar to the insulin your body makes, that helps to control your blood sugar. Tresiba® comes in a Penfill® cartridge and is injected using a NovoPen®.

Taking Tresiba®

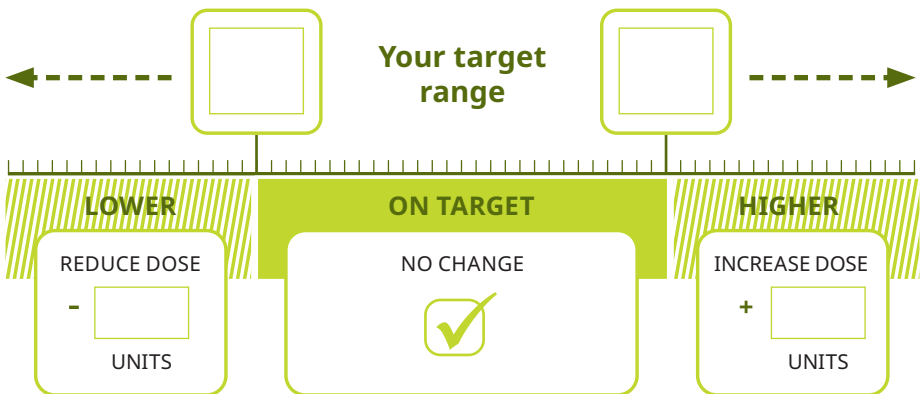
- Start Tresiba® at a dose of _____ units.
- Use Tresiba® **once a day**, preferably at the same time of day.
- Regularly change the area of your skin where you inject Tresiba® to reduce the chance of having a skin reaction.
- Measure and record your blood sugar levels as your doctor has recommended.
- Adjust your Tresiba® dose as your doctor has recommended.

What if you miss a dose of Tresiba®?

- Take Tresiba® as soon as you remember.
- Do not take a double dose to make up for the dose you missed.
- Always make sure you leave a minimum of 8 hours between doses of Tresiba®.

Adjusting your Tresiba® dose

1. Measure your fasting blood sugar across _____ days, as directed by your doctor.
2. Use your fasting blood sugar measurements and the chart below to work out whether your dose needs to change.



Always follow the instructions your healthcare professional has given you

This leaflet is for people who have been prescribed Tresiba® (insulin degludec)

How do you inject Tresiba®?

TRESIBA[®]
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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®.



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.



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.

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

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▼ 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.