



Your guide to Ryzodeg[®] 70/30

(70% insulin degludec and 30% insulin aspart)

Understanding treatment with your new insulin

The information in this booklet is designed to be used as a guide only, and is only for people prescribed Ryzodeg[®] 70/30. It does not replace information or advice provided by a healthcare professional.

RYZODEG[®] 70/30
70% insulin degludec and 30% insulin aspart

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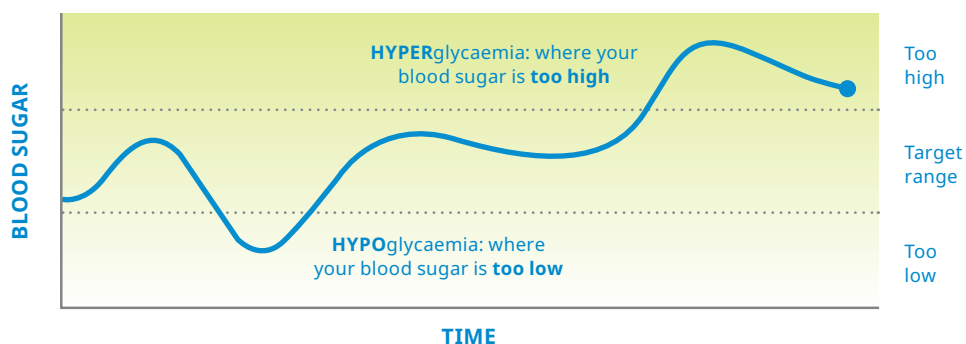
For more information about Ryzodeg® 70/30, please scan the QR code to read the Consumer Medicine Information or visit rss.medsinfo.com.au/no/cmi.cfm?product=nocryzpf.

A little bit about diabetes & insulin

What is diabetes?

Diabetes is a condition where your blood sugar gets too high. This is called 'hyperglycaemia'.¹ There are different types of diabetes, the main types are type 1 diabetes, type 2 diabetes and gestational diabetes.¹

Eating healthy and staying active can help manage diabetes. But sometimes, you might need extra help to get your blood sugar to the right level, including medicine and insulin.²



Why it's important to control blood sugar?¹

Keeping your blood sugar at the right level can help you avoid serious problems related to diabetes, such as:

- Heart attack and stroke
- Kidney damage
- Blindness
- Amputation

What is insulin?

Insulin is a natural hormone your body makes to keep your blood sugar at the right level.³ If you have diabetes, your body might not make enough insulin or use it properly.^{1,3} Therefore your doctor may prescribe you insulin that you inject yourself.

You have received this booklet because your doctor has prescribed you an insulin called Ryzodeg[®] 70/30. This booklet aims to give you some easy-to-understand information about your new treatment as well as further information about how to manage your blood sugar.

Getting to know Ryzodeg® 70/30

Ryzodeg® 70/30 is used to treat diabetes in people aged 6 years and older. It helps your body manage your blood sugar levels.⁴

Ryzodeg® 70/30 contains two types of insulin:⁴



Basal insulin

Long-lasting insulin that works for 24 hours – helps to manage your blood sugar levels all day and night

+



Bolus insulin

Rapid acting insulin that helps to manage blood sugar after meals – helps to lower your blood sugar soon after you inject it

Ryzodeg® 70/30 comes in a Penfill® cartridge and is designed to be used with Novo Nordisk® insulin delivery systems, such as the NovoPen® 4, NovoPen® 6 and NovoFine® needles.⁴



Discover more about NovoPen® 4

Get the most out of NovoPen® 4 by visiting our website. Access practical information and support, including:

- NovoPen® 4 Demonstration Video and Quick User Guide available in multiple languages.
- Information booklets about the different types of diabetes.



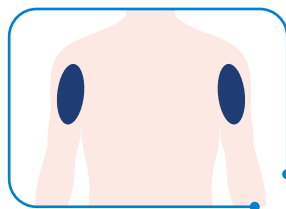
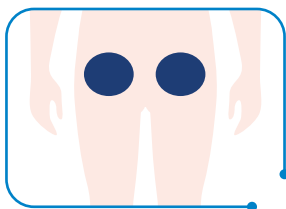
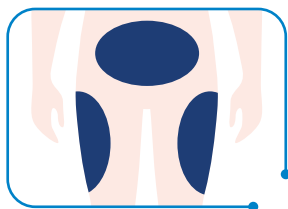
Scan the QR code or visit bit.ly/np4demo to access the NovoPen® 4 website.

Tips for injecting Ryzodeg[®] 70/30

The best places to inject are fleshy areas like your **upper arms, stomach, buttocks** or the **front of your thighs**.⁴

Only inject under the skin. Do not inject Ryzodeg[®] 70/30 into a vein or muscle.⁴

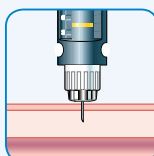
Change the site on your body where you inject each day, this helps to avoid bruising.⁴



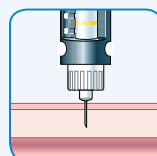
NovoFine[®] injection technique

Your diabetes care team will show you the optimal injection technique for you to use with your NovoFine[®] needle.

With NovoPen[®] 4, you have the option to use a 4 mm or 6 mm needle. The approximate length of the needles is pictured.

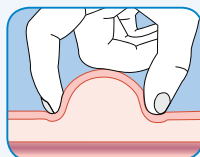


4 mm 32G
NovoFine[®]

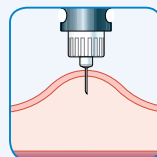


6 mm 32G
NovoFine[®]

If using the 6 mm needle, follow the technique shown in the images. If you have a slimmer build, we recommend using the 4 mm needle. As the 4 mm needle is shorter, you may not have to pinch the skin before injecting. Your doctor or nurse will be able to tell you which technique is best suited for you.



Pinch up a fold of skin
between your thumb
and forefinger only



6 mm 32G
NovoFine[®]

Ryzodeg[®] 70/30 dosing

Ryzodeg[®] 70/30 should be injected daily with your main carbohydrate-containing meal.^{4,5} For more information about carbohydrates, please see page 9.

What if I accidentally miss a dose of Ryzodeg[®] 70/30?

Do not worry. Simply inject your dose with the next large meal that day, then go back to your usual dosing schedule.

Do **NOT** take a double dose to make up for a missed dose.⁴

What if I accidentally use more Ryzodeg[®] 70/30 than I should have?

Using more Ryzodeg[®] 70/30 than your doctor has prescribed you may cause your blood sugar level to drop too low.⁴ This is called hypoglycaemia. For information about how to manage hypoglycaemia, please see page 7.

When can I stop using Ryzodeg[®] 70/30?

Do not stop using Ryzodeg[®] 70/30 without speaking to your doctor first. Stopping Ryzodeg[®] 70/30 can lead to very high blood sugar levels and ketoacidosis (too much acid in the blood).⁴

If you are ever unsure about how to use Ryzodeg[®] 70/30 or how much to take, please ask your diabetes care team.

Storing and disposing of Ryzodeg® 70/30

Storing Ryzodeg® 70/30⁴



Before your first use:

- Store Ryzodeg® 70/30 Penfill® cartridges that are not being used in the fridge (2°C to 8°C).
- Do **NOT** freeze Ryzodeg® 70/30; keep away from the freezer section or cooling element.



After first opening or if carried as a spare:

- After taking your Ryzodeg® 70/30 Penfill® cartridge out of the fridge, you can use it for up to 28 days at or below 30°C. Do **NOT** keep the Penfill® cartridge you are currently using or carrying as a spare in the fridge.
- Throw out your Ryzodeg® 70/30 Penfill® cartridge after 28 days, even if there is still some medicine in it.
- Protect the medicine from light by keeping the cartridges in the carton when not in use.

Always keep Ryzodeg® 70/30 out of reach from children.

Disposing Ryzodeg® 70/30⁴



- Ask your pharmacist how to throw away medicine that you no longer use.
- Do **NOT** throw away any medicine via wastewater or household waste.
- Throw out used needles safely into a sharps container.

Understanding hypoglycaemia

What is hypoglycaemia?⁴

Hypoglycaemia is when your blood sugar gets too low. Low blood sugar, sometimes called a 'hypo', is a common effect of insulin treatment.

Low blood sugar can happen if you:

- Inject too much insulin
- Exercise more than usual
- Miss a meal
- Don't eat enough carbohydrates
- Are ill
- Drink alcohol

Some symptoms of low blood sugar are:

- Cold sweat, cool pale skin
- Fatigue, drowsiness, unusual tiredness, weakness
- Nervousness, anxious feeling, tremor, rapid heart beat
- Confusion, difficulty concentrating
- Excessive hunger
- Vision changes
- Headache, feeling sick

What do I do if I have low blood sugar?^{4,6}

- Eat glucose tablets or a high-sugar snack, like sweets, biscuits, regular (not diet) soft drink or fruit juice.
- Measure your blood sugar, if possible, and get some rest.
- You may need to measure your blood sugar more than once, as it can take some time for your blood sugar levels to improve.
- If your next meal is more than 15–20 minutes away and your blood sugar level is more than 4 mmol/L, eat some longer-acting carbohydrates like a slice of bread, a piece of fruit or a small tub of fruit yoghurt.
- Wait until your blood sugar level has returned to target and your symptoms of low blood sugar have passed before you continue taking your insulin.
- Talk to your doctor who can give you advice and make changes to your dose, if required.

Your diabetes care team will help you develop a plan of what to do if you have a 'hypo'.

Always carry glucose tablets or a high-sugar snack with you and inform your friends and family of how they can help.

What if I pass out?^{4,6}

Tell your friends, family and/or workmates to do the following if you faint or become unconscious:

- Turn you on your side and get medical help straight away.
- Phone for an ambulance (dial 000) stating that you are unconscious AND that you have diabetes.
- Wait with you until the ambulance arrives.
- Avoid giving you any food or drink due to the risk of choking .

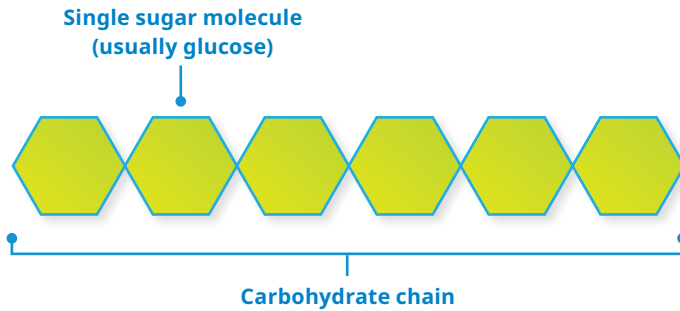
Ask your diabetes care team to explain ways you can help prevent and treat low blood sugar, including how often to check your blood sugar levels, what to do if you've got another illness or if you're taking other medicines.

Carbohydrates and blood sugar

What are carbohydrates?^{1,7}

Carbohydrates include sugars, starches and fibres. They are one of the main types of nutrients and an important source of energy for the body.

Carbohydrates range from single sugar molecules to long chains of these molecules linked together.



When you eat carbohydrates, your body breaks these chains back into single molecules of sugar which move around in your blood and are used for energy.

Why is it important to know how much carbohydrate is in my meals?

Ryzodeg[®] 70/30 should be injected with the meal that contains the largest amount of carbohydrates. If not, it may cause your blood sugar to become too low and cause a hypo.^{4,5}

Common foods and drinks that are high in carbohydrates:⁸



Bread



Potato



Pasta



Fruit



Rice



Juices, soft drinks, cordials, milkshakes and sports/energy drinks

Generally, your biggest meal of the day is usually the meal that has the largest amount of carbohydrate.

Finding carbohydrate content on nutrition labels⁹

To find out how much carbohydrate is in the food you're eating, you can check the nutrition label on the packaging.

Check the **SERVING SIZE** first. For example, this package has 16 servings. If you eat the whole thing, you are eating 16 times the amount of carbohydrates shown on the label.

The **CARBOHYDRATE** section shows you the total amount of carbohydrates and the amount that is sugar.

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		

TIP: If you are comparing food products, use the 'Per 100g' column.

Total carbohydrates includes both the sugars and starches. The 'Sugars' amount tells you how much of the total carbohydrate is made up of sugars and includes both added sugars as well as natural sugars.

But remember, it is the **TOTAL** carbohydrate of a food that affects blood sugar levels, not just the 'sugars'.

Did you know?



Fruit is naturally high in sugar,¹⁰ for example, a banana has the same carbohydrate content as a small portion of rice.¹¹



High-fibre foods don't contain as much digestible carbohydrate, so it slows the rate of digestion and causes a more gradual and lower rise in blood sugar.¹²



Condiments, such as sauces, salad dressings and chutneys are also high in sugar, a common type of carbohydrate.¹⁰

Final tips regarding carbohydrates

It's important to pay attention to your portion sizes at every meal – if your portion sizes are not right, your blood sugar control will be harder to manage.¹³

Remember, drinks contain carbohydrates too.¹⁴ Adding high sugar drinks increases the carbohydrate content of the meal.

Need More Help?

If you have a product inquiry, need support, or wish to report an adverse event please contact Novo Nordisk® Medical Information on:

Phone: **1800 668 626**

Email: **aunrccc@novonordisk.com**

Fax: **+61 2 8858 3697**

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References: **1.** Diabetes Australia. What is diabetes. Available at: www.diabetesaustralia.com.au/about-diabetes/what-is-diabetes/. Accessed September 2025. **2.** Mayo Clinic. Diabetes management: How lifestyle, daily routine affect blood sugar. Available at: www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963. Accessed September 2025. **3.** Diabetes Australia. Diabetes quick guides – Insulin. Available at: www.diabetesaustralia.com.au/wp-content/uploads/220145-Diabetes-Quick-Guides_insulin.pdf. Accessed September 2025. **4.** Ryzodeg® 70/30 Consumer Medicine Information. Available at: rss.medsinfo.com.au/no/cmi.cfm?product=nocryzpf. Accessed September 2025. **5.** Ryzodeg® 70/30 Product Information. Available at: rss.medsinfo.com.au/no/pi.cfm?product=nopryzod. Accessed September 2025. **6.** Diabetes Australia. Managing hypoglycaemia. Available at: www.diabetesaustralia.com.au/wp-content/uploads/da-fact-sheet-managing-hypoglycaemia-1.5.pdf. Accessed September 2025. **7.** Holesh JE, Aslam S, Martin A. Physiology, Carbohydrates. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2021 Jan. Available at: www.ncbi.nlm.nih.gov/books/NBK459280/. Accessed September 2025. **8.** News Medical Life Sciences. Foods high in carbohydrates. Available at: www.news-medical.net/health/Foods-High-in-Carbohydrates.aspx. Accessed September 2025. **9.** National Diabetes Services Scheme. Understanding food labels. Available at: www.ndss.com.au/wp-content/uploads/fact-sheets/fact-sheet-understanding-food-labels.pdf. Accessed September 2025. **10.** Healthdirect. Sugar. Available at: www.healthdirect.gov.au/sugar. Accessed September 2025. **11.** Food Data. Nutrition Facts Comparison Tool. Available at: tools.myfooddata.com/nutrition-comparison/173944-168880/wt1/1-1. Accessed September 2025. **12.** Better Health Channel. Fibre in food. Available at: www.betterhealth.vic.gov.au/health/HealthyLiving/fibre-in-food. Accessed September 2025. **13.** Diabetes Care Community. Diabetes and portion control: how much should you eat? Available at: www.diabetescarecommunity.ca/diet-and-fitness-articles/diabetes-and-portion-control-how-much-should-you-eat/#:~:text=Blood%20sugar%20control%20is%20closely,your%20blood%20sugar%20goes%20up. Accessed September 2025. **14.** Eatforhealth.gov.au. Discretionary food and drink choices. Available at: www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices. Accessed September 2025.

Novo Nordisk Pharmaceuticals Pty Ltd. Level 10, 118 Mount Street, North Sydney NSW 2060.

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