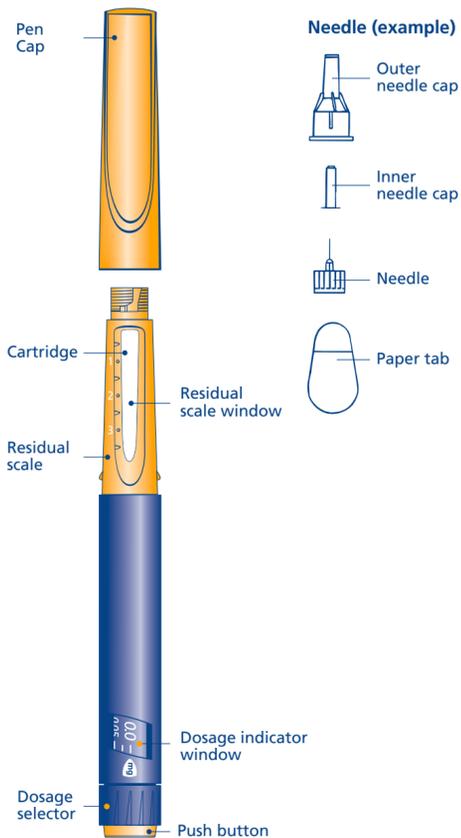


Norditropin NordiFlex® 5 mg/1.5 ml

Instructions on how to use the Norditropin NordiFlex® pen

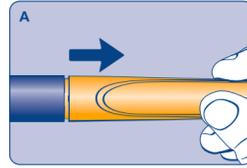
Read these instructions carefully before using Norditropin NordiFlex®.

- Norditropin NordiFlex® 5 mg/1.5 ml is a multidose injection pen pre-filled with human growth hormone solution.
- You can use the dosage selector to select any dose from 0.025 to 1.50 mg, in increments of 0.025 mg. Your doctor will decide the correct dose for you.
- Norditropin NordiFlex® is designed to be used with NovoFine® or NovoTwist® disposable needles up to a length of 8 mm.
- Start by checking the name, strength and coloured label of your Norditropin NordiFlex® pen to make sure that it contains the growth hormone strength you need.
- Only use the pen if the growth hormone solution inside the cartridge is clear and colourless.
- Always use a new needle for each injection.
- Always check the flow before the first injection with each new pen – see step 3. Check the flow.
- Never share your pen or your needles with anyone else. It might lead to cross-infection.
- Always keep your pen and needles out of sight and reach of children.
- Caregivers must be very careful when handling used needles – to reduce the risk of needle sticks and cross-infection.



1. Check the pen

- Check the name, strength and coloured label of your Norditropin NordiFlex® pen to make sure that it contains the growth hormone strength you need.
- Pull off the pen cap [A].
- Check that the solution inside the cartridge is clear and colourless by tipping the pen upside down once or twice.
- Do not use the pen if the solution inside the cartridge is unclear or cloudy.



2. Attach the needle

- Always use a new needle for each injection. This reduces the risk of contamination, infection, leakage of solution, blocked needles and inaccurate dosing. Never bend or damage the needle.
 - Remove the protective paper tab from the needle.
 - Screw the needle straight onto the pen [B]. Make sure the needle is on tight.
- The needle has two needle caps. You need to remove them both:
- Pull off the outer needle cap and keep it to correctly remove the needle from the pen after the injection.
 - Remove the inner needle cap by pulling on the central tip and throw it away.

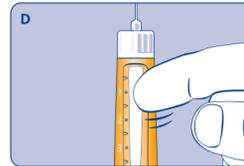


3. Check the flow

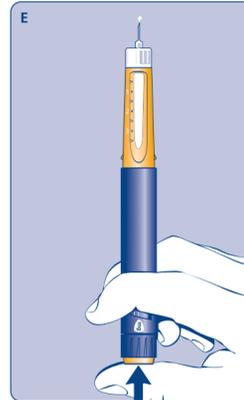
- Before your first injection with each new pen, you need to check the flow to make sure you get the correct dose and do not inject any air.
- Select 0.025 mg [C]. This is one 'click' after 0.0 on the dosage selector at the end of the pen.



- Hold the pen with the needle pointing up and tap the top of the pen a few times to let any air bubbles rise to the top [D].



- Holding the pen with the needle up, press the push button at the bottom of the pen all the way in [E]. A drop of solution will appear at the needle tip.
- If no drop appears, repeat steps C to E up to 6 times until a drop appears. If there is still no drop, change the needle and repeat step C to E once more.
- Do not use the pen if a drop does not appear. Use a new pen.
- Always check the flow before the first injection with each new pen. Check the flow again if your pen has been dropped or knocked against a hard surface, or if you suspect something is wrong with it.



4. Select the dose

- Check that the dosage selector is set at 0.0. Select the number of mg your doctor has prescribed for you [F].
- The dose can be increased or decreased by turning the dosage selector in either direction. When turning the dosage selector backwards, be careful not to press the push button as solution will come out. You cannot set a dose larger than the number of mg left in the pen.



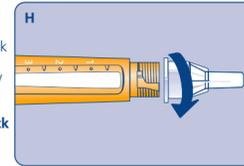
5. Inject the dose

- Use the injection method shown to you by your doctor or nurse.
- Vary the area you inject so you do not harm your skin.
- Insert the needle into your skin. Deliver the dose by pressing the push button all the way in. Be careful only to press the push button when injecting [G].
- Keep the push button fully depressed and let the needle remain under the skin for at least 6 seconds. This will ensure that the full dose has been delivered.



6. Remove the needle

- Carefully put the outer needle cap back on the needle without touching the needle. Unscrew the needle and throw it away carefully as instructed by your doctor or nurse [H]. Never put the inner needle cap back on once you have removed it from the needle. You may accidentally stick yourself with the needle.
- Put the pen cap back on after every use.
- Always remove and dispose of the needle after each injection and store the pen without the needle attached. This reduces the risk of contamination, infection, leakage of solution, blocked needles and inaccurate dosing.
- When the pen is empty, throw it away without a needle on as advised by your doctor or nurse and local authorities.
- Caregivers must be very careful when handling used needles - to reduce the risk of needle sticks and cross-infection.



7. Maintenance

- Your Norditropin NordiFlex® pen must be handled with care.
- Do not drop your pen or knock it against hard surfaces. If you drop it or suspect that something is wrong with it, always screw on a new needle and check the flow before you inject.
- Do not try to refill your pen – it is pre-filled.
- Do not try to repair your pen or pull it apart.
- Protect your pen from dust, dirt, frost and direct sunlight.
- Do not try to wash, soak or lubricate your pen. If necessary clean it with a mild detergent on a moistened cloth.
- Do not freeze your pen or store it close to any cooling element, e.g. in a refrigerator.
- See section 6.4 'Special precautions for storage' on the reverse page for information about how to store your pen.