



Patient example. Not a real patient.

Your guide to Ryzodeg[®] 70/30

70% Insulin degludec and 30% Insulin aspart

Getting to know your new insulin

Welcome

This booklet has been designed to help you get the most out of your Ryzodeg[®] treatment.

My diabetes care team

Doctor	Name:
	Email:
	Phone:
Diabetes Educator	Name:
	Email:
	Phone:
Specialist	Name:
	Email:
	Phone:

Starting any new treatment can be daunting – we hope this guide helps you feel more comfortable and in control of your diabetes.

The information and images in this booklet are designed to be used as a guide only. They do not replace information or advice provided by a healthcare professional.

This booklet should only be provided to people prescribed Ryzodeg[®] by a healthcare professional.

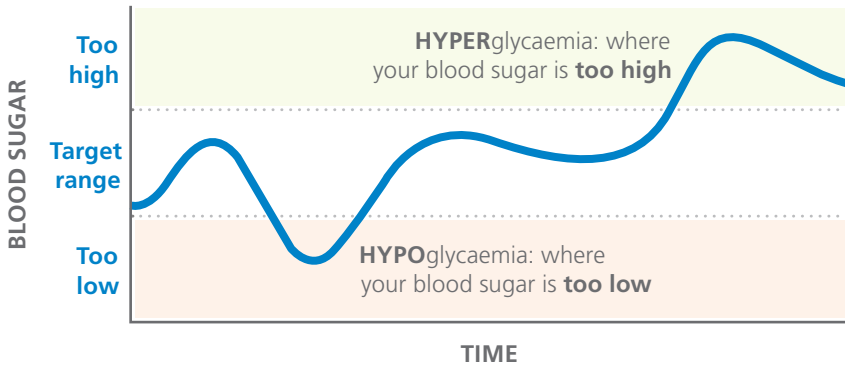
Contents

About diabetes	4
.....	
Getting to know Ryzodeg®	5
.....	
Ryzodeg® injection tips	6
.....	
Dosing	7
.....	
Hypoglycaemia	8
.....	
Illness & side effects	10
.....	
Storage	11
.....	

About diabetes

Diabetes is a condition that leads to raised sugar levels in your blood, known as '**hyperglycaemia**'.¹

Insulin is a natural hormone our bodies make to keep our blood sugar levels within an optimal range. If you have diabetes, your body doesn't make enough insulin, or use it in the right way.¹



While a healthy diet and an active lifestyle can help manage your diabetes, sometimes it's simply not enough to keep your blood sugar levels in check, which is where medicines, such as insulin, can help.²

Managing your blood sugar levels can help delay or avoid long-term complications of diabetes:³



Heart attack and stroke



Kidney damage



Blindness



Foot problems

Getting to know Ryzodeg®

What is Ryzodeg® and how does it work?

Ryzodeg® is used to treat diabetes in people aged 6 years and older. It helps your body reduce your blood sugar levels.

Ryzodeg® Penfill® contains two types of insulin in one pen.



One insulin **lasts all day** (insulin degludec) and is called a '**basal**' insulin. It helps your body manage your blood sugar levels all day and night.



One insulin is **rapid acting** (insulin aspart) and is called a '**bolus**' insulin. It lowers your blood sugar soon after you inject it.

Ryzodeg® Penfill® is a glass cartridge designed to be used with NovoPen® 4 and NovoFine® needles.⁴ See the next page for injection tips.



Penfill®

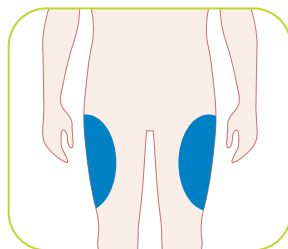
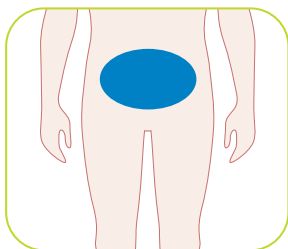
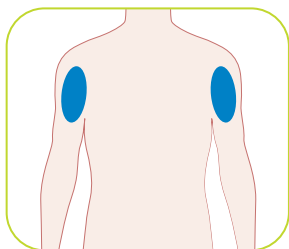


NovoPen® 4

Your doctor or diabetes education nurse will decide with you how much Ryzodeg® you will need each day and at which meal(s), when to check your blood sugar level and if you need a higher or lower dose.

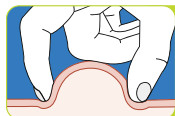
Ryzodeg® injection tips

- The best places to inject are fleshy areas like your upper arms, stomach (abdomen) or thighs.⁴
- Only inject under the skin. Do not inject Ryzodeg® into a vein or muscle.⁴
- We recommend you change the injection site to avoid using the same spot more than once a month. This helps reduce the chance of skin reactions.⁴

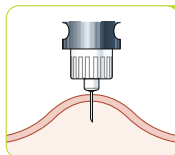


Ryzodeg® injection technique.

Your doctor, diabetes education nurse or pharmacist will have shown you how to use your medicine. Carefully follow all the directions. They may differ from the information contained in this booklet.



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



Push the needle into the raised skin and keep the needle under the skin for at least 6 seconds. Inject the full dose of insulin under the skin. Keep the button fully pressed until the needle has been withdrawn from the skin.

Watch the 'How to use Novo Pen® 4' video here.



SCAN ME

Dosing

Ryzodeg® is dosed daily with your main carbohydrate-containing meal(s).^{4,5}



What if I accidentally miss a dose of Ryzodeg®?

Not to worry. Simply inject your dose with the next main meal that day. Then go back to your usual dosing schedule.⁴

You should **not** take a double dose to make up for a missed dose.⁴



What if I accidentally use more Ryzodeg® than I should?

If you've accidentally used more Ryzodeg® than your doctor has prescribed you, your blood sugar level may drop too low (this is called hypoglycaemia).⁴

If you think you have taken too much Ryzodeg®, immediately contact your doctor. Do this even if there are no signs of discomfort or hypoglycaemia.



When can I stop using Ryzodeg®?

It's important that you don't stop using Ryzodeg® without speaking to your doctor. Stopping Ryzodeg® could lead to a very high blood sugar level and ketoacidosis (too much acid in the blood).⁴

If you're unsure about how to use Ryzodeg®, make sure you reach out to your diabetes care team – they're there to help.

Hypoglycaemia



What is 'hypoglycaemia'?

Sometimes your blood sugar can get too low. Low blood sugar may occur commonly with insulin treatment. This is called '**hypoglycaemia**' or a '**hypo**'. For most people, a hypo occurs when the blood sugar is below 4 mmol/L.^{4,6}

Low blood sugar may happen if you:⁴

- Inject too much insulin
- Exercise more than usual
- Delay eating meals or snacks
- Eat too little or miss a meal
- Drink alcohol
- Are ill.



What are the symptoms of hypoglycaemia?

Every person responds differently to low blood sugar. Your diabetes care team will help you understand what to do in the case of a 'hypo'.

Some symptoms of low blood sugar are:⁴

- Cold sweat
- Fatigue, drowsiness, weakness
- Confusion, difficulty concentrating
- Excessive hunger
- Vision changes
- Headache, nausea
- Nervousness, anxiety, rapid heart beat.



What if I experience low blood sugar?

Low blood sugar is a normal part of life with diabetes.

If you suspect your blood sugar is low, it's important to check your blood sugar levels immediately. If testing isn't possible and you're feeling unwell, treat the low blood sugar regardless.⁶

Here are a few ways you can get your blood sugar levels back to target:^{4,6}

Step 1: Eat quick-acting carbohydrates such as glucose tablets, sweets (e.g. jellybeans) or fruit juice.

Step 2: Retest your blood sugar levels in 15 minutes. Repeat Steps 1 and 2 until your blood sugar level is above 4 mmol/L.

Step 3: Eat a carbohydrate snack or meal if it is the regular time. After 30 minutes, eat a carbohydrate snack and test your blood sugar level again to make sure it's still at a safe level.

- Always carry glucose tablets or a high-sugar snack with you, just in case.
- Talk to your doctor who can give you advice and make changes to your dose, if required.



What if I pass out?

Sometimes, people with diabetes faint due to a lack of sugar in their blood. Inform your friends, family and whānau, and/or workmates to do the following:⁴

- Turn you on your side and get medical help immediately.
- Avoid giving you any food or drink due to the risk of choking.

Illness & side effects



How can I avoid low blood sugar (hypoglycaemia)?

To reduce your risk you should:

- Always follow the instructions of your diabetes care team.
- Ask them to explain the ways you can help prevent and treat low blood sugar levels.
- Discuss with your doctor when and how often you should check your blood sugar levels.



What should I do if I'm feeling unwell?

When you are ill or stressed your insulin needs may change. A good idea is to start planning for these sick days while you're well.⁴

Talk to your doctor about how best to manage your diabetes when you're unwell. They'll let you know whether you'll need to measure your blood sugar levels more often.⁴

- Never skip a dose of Ryzodeg®.
- Eat, even if you're not hungry.
- Drink more liquid if you have a fever.



Can I take other medications?

- Some common medicines can lower your blood sugar (e.g., aspirin) or raise your blood sugar.⁴
- Always tell your doctor before you start taking any other medicines, so they have the chance to adjust your Ryzodeg® dose.⁴

Storage

Where should I keep my Ryzodeg®?

Keep Ryzodeg® away from children.⁴



Before your first use

- Store unopened Ryzodeg® Penfill® cartridges in the fridge (2°C to 8°C) and keep away from the freezer compartment; do not freeze.⁴
- Protect from light by keeping the cartridges in the carton when not in use.⁴



After first use (and for any spare pens)

- Keep your Ryzodeg® Penfill® that you are using with your NovoPen® 4, or that you are carrying as a spare, at room temperature (below 30°C) for up to 28 days.⁴
- Discard your Ryzodeg® Penfill® after 28 days even if there is still some medicine left in it.⁴



Disposal

- Dispose of used needles safely into a sharps container.⁴
- If your doctor tells you to stop using this medicine or the medicine has expired, ask your pharmacist what to do with the medicine that is left.⁴

Ryzodeg® record book

A record book has been specifically developed by Novo Nordisk Pharmaceuticals to help you manage and better understand the treatment of your diabetes with insulin.

If you have not received a record book with this booklet, scan the QR code below to download the PDF.



SCAN ME

You're not alone

**Managing diabetes is a team effort.
If you ever feel worried or unsure about something,
call a member of your diabetes care team
– they're **there to help**.**



Remember, it's completely normal for people with diabetes to need a helping hand every now and again. After all, it's a complex condition, and sometimes diet and exercise just aren't enough to keep blood sugars in check.



If you're experiencing any difficulty in sticking to your treatment plan, or have any questions about Ryzodeg®, don't hesitate to reach out for help.

If you want to learn more about diabetes or need extra support, you can contact Diabetes New Zealand at www.diabetes.org.nz or call the free helpline on **0800 342 238**. Diabetes New Zealand is an independent organisation and has no affiliation with Novo Nordisk.

The information in this booklet has been adapted from the Ryzodeg® Consumer Medicine Information. Your diabetes care team is the best source of advice on your treatment.

Notes

Notes

Ryzodeg® is a prescription medicine that is funded.

Ryzodeg® 70/30 is indicated for use in diabetes mellitus in patients aged ≥ 6 years. Ryzodeg® contains two types of insulin, 70% insulin degludec (long acting) and 30% insulin aspart (rapid acting). Ryzodeg® has risks and benefits. Ask your doctor if Ryzodeg® is right for you. Use strictly as directed. If you experience side effects, see your doctor, pharmacist, or healthcare professional. Side effects of Ryzodeg® include hypoglycaemia which is very common ($\geq 1/10$) and injection site reaction which is common ($\geq 1/100$ to $< 1/10$). Please refer to the Ryzodeg® Consumer Medicine Information available at <https://www.medsafe.govt.nz/Consumers/CMI/r/ryzodeg.pdf>, in your Ryzodeg® pack or access this online at <https://www.novonordisk.co.nz/content/dam/nncorp/nz/en/pdfs/datasheets/Rysodeg%207030%20Penfill%20CMI.pdf> before taking your medication.

References: **1.** Diabetes New Zealand. What is diabetes. Available at: <https://www.diabetes.org.nz/whatisdiabetes> (Accessed April 2025). **2.** Diabetes New Zealand. Understanding type 2 diabetes. Available at: <https://www.diabetes.org.nz/understand-type-2-diabetes> (Accessed April 2025). **3.** Diabetes New Zealand. Complications of diabetes. Available at: <https://www.diabetes.org.nz/complications-of-diabetes> (Accessed April 2025). **4.** Ryzodeg® 70/30 Consumer Medicine Information. **5.** Ryzodeg® 70/30 New Zealand Data Sheet. **6.** Healthify. Low blood glucose. Available at: <https://healthify.nz/health-a-z/low-blood-glucose/> (Accessed April 2025).

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