

# Your quick guide to using NovoPen® 6 or NovoPen Echo® Plus

Reliable insulin  
dose recording  
happening here



NovoPen® 6 )  
NovoPen Echo® Plus )



This is a quick guide. Please see the Instructions for Use that come with NovoPen® 6 or NovoPen Echo® Plus for full information.

## Prepare your NovoPen® 6 or NovoPen Echo® Plus



### Insert an insulin cartridge

Pull off the pen cap. Twist off the cartridge holder. The piston rod may stick out of your pen. If so, push it in until it stops.



Slide a new insulin cartridge into the cartridge holder with the threaded end first. Twist the cartridge holder back on.



### Attach a new needle

Tear off the paper tab. Push the needle straight onto the pen. Turn until it is on tight. Pull off both needle caps. Save the outer needle cap.

## Give your injection



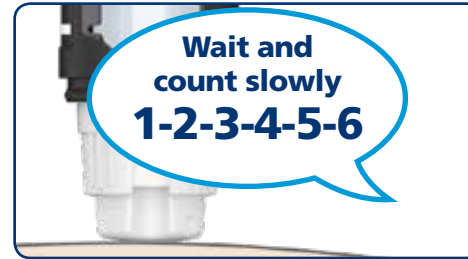
### ⚠ ALWAYS test the insulin flow

Select 2 units and press the dose button until the dose counter shows "0". The insulin flow test is complete when you see insulin squirt and there is no longer a gap between the piston rod head and the piston.



### Select your dose

Pull out the dose button. Make sure the dose counter shows "0" before you start. Turn the dose button to select the dose you need.



### Inject your dose

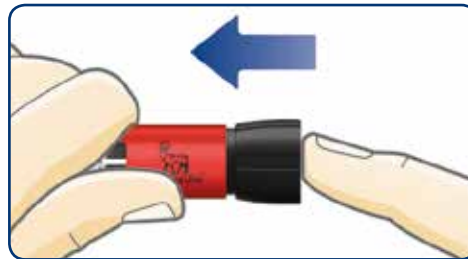
Insert the needle. Press the dose button until the dose counter shows "0". Count slowly to 6 before you remove the needle from your skin. Safely remove and throw away the needle. Put the pen cap back on.

## How to check your last dose



### Pull out the dose button

Make sure the dose counter shows "0" before you start.



### Push the dose button back in

The dose memory will now show the details of your last dose.



### Read your dose memory

The example above shows 12 units injected 1 hour, 52 minutes and 3 seconds ago.

## Keep a personal injection log

If you have a smartphone, tablet, personal computer, blood glucose monitor or another device that supports Near Field Communication (NFC), you can easily transfer your insulin dosing information from your pen to your device. Just make sure to download a compatible app or other software that can read and display this information.

