

Introduction

This package contains one FlexPro® PenMate® auto-insertion accessory, a case for storage and this user manual.

Please read this user manual carefully before using your FlexPro® PenMate® (called PenMate® in the rest of this user manual). The instructions contain information about using, storing and cleaning your PenMate®, and you should read the instructions even if you have used other Novo Nordisk delivery systems before.

PenMate® is designed to help you inject growth hormone by hiding the needle during the injection with Norditropin® FlexPro® 5, 10 or 15 mg/1.5 ml.

Norditropin® FlexPro® is a pre-filled growth hormone pen for single patient use, only. Norditropin® FlexPro® is designed to be used with NovoFine® or NovoTwist® disposable needles up to a length of 8 mm. Do not use your pen or PenMate® without training from your doctor or nurse. Read the Norditropin® FlexPro® 5, 10 or 15 mg/1.5 ml user manual before using PenMate®.

The illustrations in this user manual show PenMate® used with Norditropin® FlexPro® 5 mg/1.5 ml.

Important information and additional information are clearly marked by the symbols you see below:

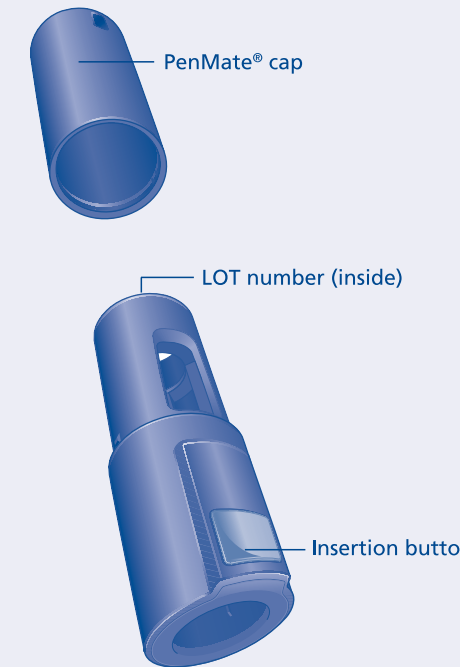
⚠ Important information

Pay special attention to these notes as they are important for safe use of your pen or PenMate®.

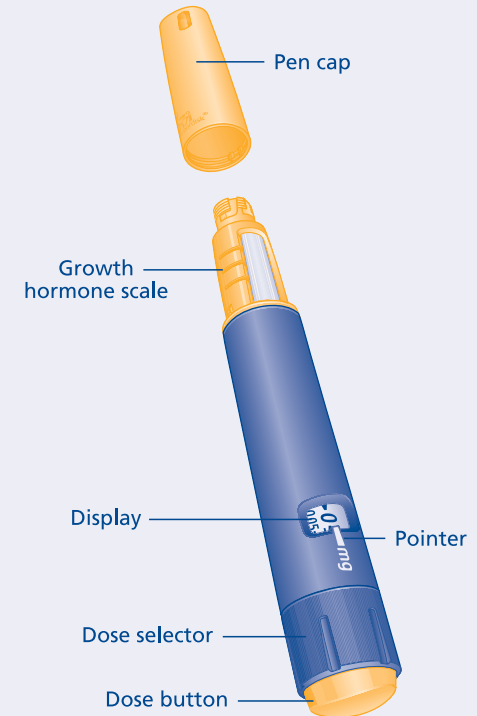
📖 Additional information

Helpful information when using your pen and PenMate®.

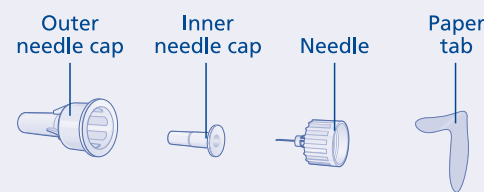
FlexPro® PenMate®



Norditropin® FlexPro® 5 mg/1.5 ml (example)



Needle (example)



⚠ Important information

Read this important information before you start using your PenMate®.

- PenMate® should only be used in combination with Norditropin® FlexPro® 5, 10 or 15 mg/1.5 ml.
- If your PenMate® becomes lost or damaged, you can still use your Norditropin® FlexPro® pen without PenMate®.
- PenMate® is for single patient use, only. Never share your pen, PenMate® or your needles with other people. It might lead to cross-infection.
- Always keep your pen, PenMate® and needles out of reach of others, especially children.
- Caregivers must be very careful when handling used needles - to reduce the risk of needle injury and cross-infection.

Pen table

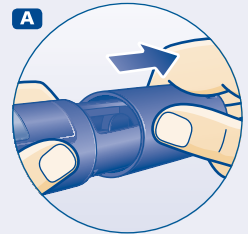
Use the pen table below to get a quick overview of all Norditropin® FlexPro® pens and how they differ in terms of growth hormone strength, colour, minimum and maximum doses.

| Norditropin® FlexPro® | 5 mg/ 1.5 ml | 10 mg/ 1.5 ml | 15 mg/ 1.5 ml |
|-----------------------|-----------------|------------------|------------------|
| Colour code | | | |
| Min. dose | 0.025 mg | 0.05 mg | 0.1 mg |
| Max. dose | 2.0 mg | 4.0 mg | 8.0 mg |

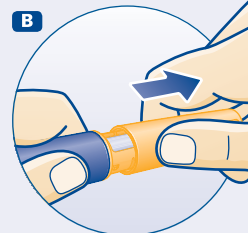
Preparing your PenMate®

Before you prepare your PenMate®, always check the name, strength and coloured label of your Norditropin® FlexPro® pen to make sure that it contains the growth hormone strength you need.

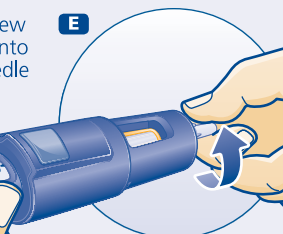
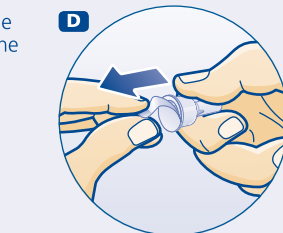
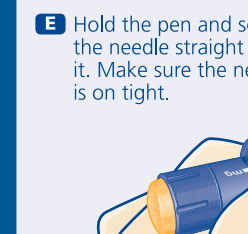
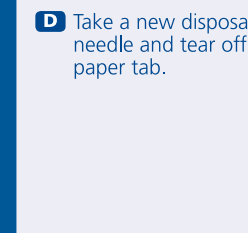
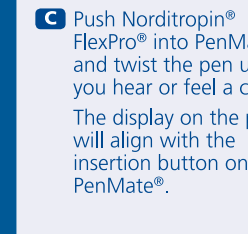
A Pull off the PenMate® cap.



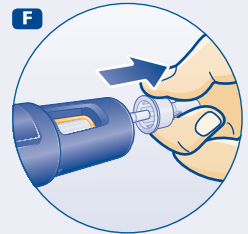
B Pull off the pen cap. You will not need it with your PenMate®.



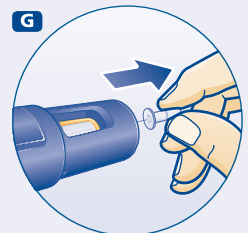
Check that the growth hormone solution in the pen is clear and colourless by tipping it upside down once or twice. If the solution looks unclear or cloudy, do not use the pen.



F Pull off the outer needle cap and save it. After injection, you will need it to correctly remove the needle from the pen.



G Pull off the inner needle cap and throw it away. If you try to put it back on, you may accidentally stick yourself with the needle.



A drop of growth hormone may appear at the needle tip. This is normal.

⚠ The needle is covered by two caps. You must remove both caps. If you forget to remove both caps you will not inject any growth hormone.

⚠ Always use a new needle for each injection. This reduces the risk of contamination, infection, leakage of growth hormone, blocked needles and inaccurate dosing.

⚠ Always discard a bent or damaged needle.

Checking the growth hormone flow with each new pen

Make sure that you receive your full dose by checking the growth hormone flow before you select and inject your first dose with each new pen.

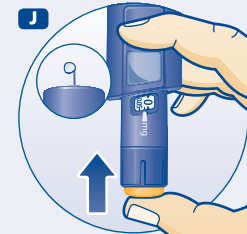
H Turn the dose selector to select the **minimum** dose, 0.025, 0.05 or 0.1 mg, depending on which pen you are using. See Pen table.



I Hold PenMate® with the needle pointing up. Tap the top of PenMate® a few times to let any air bubbles in the pen rise to the top.



J Press the dose button until the figure 0 in the display lines up with the pointer and a drop of growth hormone appears at the needle tip.



If no drop appears, repeat steps H to J up to 6 times. If no drop appears after these new attempts, change the needle and repeat steps H to J once more.

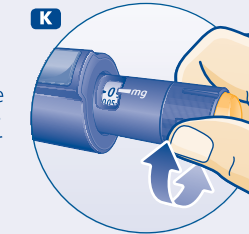
Do not use the pen if a drop of growth hormone still does not appear.

⚠ Always make sure that a drop appears at the needle tip before you inject your first dose with each new pen.

Selecting your dose

Use the dose selector on your Norditropin® FlexPro® pen to select up to 2.0, 4.0 or 8.0 mg per dose, depending on which pen you are using.

K Check that the figure 0 in the display lines up with the pointer.



Select or adjust the dose you need by turning the dose selector forward or backward until the right number of mg lines up with the pointer.

When the pen contains less than the maximum dose (2.0, 4.0 or 8.0 mg, depending on which pen you are using), the dose selector stops at the number of mg left.

ⓘ The dose selector clicks differently when turned forward, backward or past the number of mg left.

⚠ Never use the pen clicks to count the number of mg you select. Only the display and pointer will indicate the exact number of mg.

⚠ Never use the growth hormone scale to measure how much growth hormone to inject. Only the display and pointer will indicate the exact number of mg.

Activating your PenMate®

Use your PenMate® to insert the needle automatically into your skin.

L To activate your PenMate®, grip both PenMate® and Norditropin® FlexPro® without touching the needle, insertion button or dose button.

Hold PenMate® firmly and pull the pen out until you hear and feel it click into place.

The needle is now hidden in PenMate®.



The CE mark on a medical device indicates that the product conforms with the requirements in the Medical Device Regulations (EU) 2017/745.

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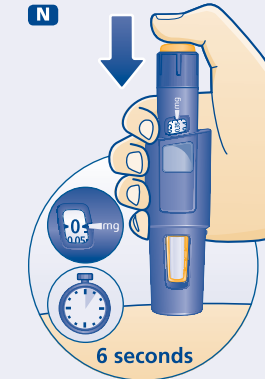
Injecting your dose

Make sure that you receive your full dose by using the right injection technique.

M Hold PenMate® against your skin. Press the insertion button until you hear a click and the needle is inserted automatically.



N To inject, press the dose button until the figure 0 in the display lines up with the pointer. As you do this, you may hear or feel a click.



Leave the needle under the skin for at least **6 seconds** to make sure that you get your full dose. You can let go off the dose button while you wait.

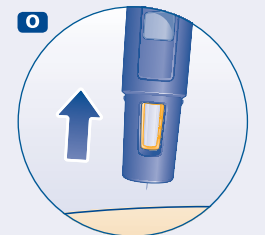
⚠ Never press the insertion button before you are ready to inject your dose. You may accidentally stick yourself with the needle.

⚠ Never turn the dose selector when activating your PenMate®, as you may end up injecting a wrong dose.

⚠ Never use the pen clicks to count the number of mg you inject. Only the display and pointer will indicate the exact number of mg.

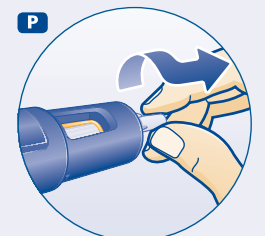
⚠ Never touch the display when you inject, as this can block the injection.

O Remove the needle from the skin.

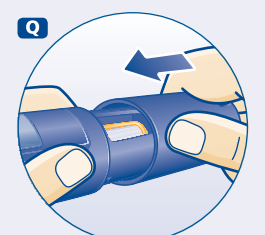


After that, you may see a drop of growth hormone at the needle tip. This is normal and has no effect on the dose you just received.

P Put the outer needle cap back on carefully without touching the needle. Unscrew the needle and throw it away carefully as instructed by your doctor or nurse, or your local authorities.



Q Put the PenMate® cap back on after every use. If growth hormone is exposed to direct light, its effect may be reduced.



⚠ Never put the inner needle cap back on once you have removed it from the needle. You may accidentally stick yourself with the needle.

⚠ Always store the pen in PenMate® without a needle attached. This reduces the risk of contamination, infection, leakage of growth hormone, blocked needles and inaccurate dosing.

⚠ If you lose your PenMate® cap, contact your supplier to get a new one. Until you get a new PenMate® cap, you can use your Norditropin® FlexPro® pen and pen cap without your PenMate®, or you can use your PenMate® with the pen attached and keep them protected from direct light.

Replacing an empty Norditropin® FlexPro®

Reuse your PenMate® by simply replacing your Norditropin® FlexPro® pen once it is empty.

R When your Norditropin® FlexPro® pen is empty, twist it and gently pull it out of PenMate®.



Throw away the empty pen without a needle on as instructed by your doctor or nurse, or your local authorities.

S Push a new Norditropin® FlexPro® pen into PenMate® and twist the pen until you hear or feel a click.



The display on the pen will align with the insertion button on your PenMate®.

⚠ Always make sure that your PenMate® has not been activated before you replace an empty Norditropin® FlexPro®.

What to do when Norditropin® FlexPro® is nearly empty

How much growth hormone is left?

You can use the growth hormone scale on your Norditropin® FlexPro® pen to see approximately how much growth hormone is left in the pen.

You can use the dose selector on the pen to see exactly how much growth hormone is left - if the pen contains less than 2.0, 4.0 or 8.0 mg, depending on which pen you are using:

Turn the dose selector until it stops. The figure that lines up with the pointer shows how many mg are left.

If you need more growth hormone than you have left in your pen, you can use a new pen or split your dose between your current pen and a new pen.

Caring for your PenMate® and Norditropin® FlexPro® pen

Treat your PenMate® and Norditropin® FlexPro® pen with care:

Storage and handling

- Do not drop your PenMate® or pen or knock them against hard surfaces. If you do drop them or suspect that something is wrong with them, always screw a new disposable needle onto the pen and check the growth hormone flow before you inject.
- Do not try to refill your pen - it is pre-filled.
- Do not try to repair or pull apart your PenMate® or pen.
- Do not expose your PenMate® or pen to dust, dirt, liquid, direct light or extreme temperatures.
- When your Norditropin® FlexPro® pen is inserted in PenMate®, store it as described in the insert in your Norditropin® FlexPro® pack.
- Store your PenMate® and Norditropin® FlexPro® pen in the case supplied when not in use. The expected lifetime of your PenMate® is 5 years of normal use.
- The case can also hold four extra NovoFine® or NovoTwist® disposable needles.

Cleaning and maintenance

- Do not try to wash, soak or lubricate your PenMate® or pen. If necessary, clean them with a mild detergent on a moistened cloth.
- Clean off dirt and dust with a dry soft brush.



Disposal

- If you are going to throw away your PenMate®, do so as advised by your local authorities.

PenMate® does not contain substances harmful to the environment.

Warranty

- PenMate® must only be used according to the instructions provided in this user manual. The manufacturer cannot be held responsible for any problems with PenMate® if these instructions have not been followed.

If you find that your PenMate® or case is faulty, Novo Nordisk will replace it if you return it to your supplier for inspection within five years of receiving it and you enclose the receipt you were given when you purchased your PenMate®.

If you need the LOT number of your PenMate®, it is located as shown in the picture of FlexPro® PenMate® just after the *Introduction* in this user manual.

For customers in the European Union; if your doctor and/or you believe you had a serious incident caused by using PenMate®, make sure to report it to Novo Nordisk and to your national authority.

FlexPro® PenMate®

User manual

Please read this user manual carefully before using your FlexPro® PenMate®

