

NOVOLOG, MADE SIMPLE

Rapid-acting insulin aspart for meals, corrections, and selected pump plans

Rapid-acting NovoLog covers food and can correct high glucose when your plan instructs.	Dose near meals Standard NovoLog is generally injected 5 to 10 minutes before eating.	Check the label Confirm NovoLog U-100 and the correct pen, cartridge, vial, or pump reservoir.
Prime every pen Use a new needle and perform the FlexPen or FlexTouch safety test before every dose.	Avoid stacking Extra doses given too close together can cause delayed severe hypoglycemia.	28-day in-use limit Opened pens, cartridges, and vials are generally discarded after 28 days; pump rules are shorter.
MOST IMPORTANT NovoLog works quickly. Standard subcutaneous dosing is generally within 5 to 10 minutes before a meal. Make sure food is ready, use the exact correction plan, and do not stack doses.		
Meal timing Do not inject and then delay or skip the meal. If food is unexpectedly unavailable, follow your low-glucose safety plan immediately.	Pump use Follow the pump manufacturer and NovoLog label for reservoir and infusion-set timing, temperature limits, site failure, and backup injections. Pump interruption can quickly cause severe hyperglycemia and ketones.	
Missed or delayed dose Use current glucose, trend, food intake, and active insulin to follow your written plan. Never automatically double a missed meal dose.	Low blood sugar Carry fast carbohydrate. Recheck after treatment. Severe lows require glucagon and emergency help.	
Monitoring Track premeal glucose, postmeal response when directed, carbohydrates, physical activity, correction timing, and infusion-site performance.	Storage Most in-use pens and cartridges: room temperature below 86 F and discard after 28 days. Opened vials may be refrigerated or kept at room temperature for 28 days. Pump storage limits are shorter.	
EMERGENCY WARNING Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available. Seek urgent help for vomiting, moderate or large ketones, or deep/difficult breathing.		

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Clinically reviewed: July 2026. Based on NovoLog U.S. Prescribing Information, revised February 2023, and Instructions for Use. This guide provides general education and does not replace individualized instructions from your healthcare team.

MY NOVOLOG GUIDE

Simplified refrigerator guide - keep this with your insulin supplies

THE MAIN RULE

NovoLog works quickly. Standard subcutaneous dosing is generally within 5 to 10 minutes before a meal. Make sure food is ready, use the exact correction plan, and do not stack doses.

My insulin-to-carb ratio:

My correction factor:

My meal timing:

My pump backup plan (if used):

Date opened:

Discard date - usually 28 days:

MISSED DOSE

Check glucose and trend. Follow your written meal/correction plan. Do not double or stack corrections. Pump users should check the infusion system and ketones when glucose rises unexpectedly.

CALL TODAY

Repeated lows, persistent postmeal highs, vomiting or ketones, pump-site failure, uncertainty about active insulin, or difficulty matching insulin to meals.

STORAGE AND HANDLING

Pens and cartridges in use are generally kept at room temperature and discarded after 28 days. Vials are discarded after 28 days. Pump reservoir limits are shorter. Never freeze.

GET URGENT HELP

Call 911 for unconsciousness, seizure, severe confusion, inability to swallow, or a severe allergic reaction. Use prescribed glucagon for severe low blood sugar when available. Seek urgent help for vomiting, moderate or large ketones, or deep/difficult breathing.

LOW BLOOD SUGAR - RULE OF 15

If glucose is below 70 mg/dL and you can swallow safely: take 15 grams of fast carbohydrate, wait 15 minutes, and recheck. Repeat if still low. For severe low blood sugar, inability to swallow, seizure, or unconsciousness: use glucagon if available and call 911.

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