FAIRVIEW PHARMACY — EST. 1978

Using NovoLog safely

insulin aspart U-100 · fast-acting mealtime insulin

3 MISTAKES TO AVOID

1. **Bad timing**
   Inject 5 to 10 minutes before a meal, then eat within 5 to 10 minutes.
2. **Pulling the needle out too soon**
   Keep it in at least 6 seconds after the counter shows 0.
3. **Storing it wrong**
   Opened pen: room temperature, not the fridge. Throw away after 28 days.

When to take it

- **5 to 10 minutes before a meal**, then eat within 5 to 10 minutes. Don't take it and then skip or delay the meal.
- Usually used with a longer-acting insulin. **NovoLog Mix is a different insulin.** Read the label every time.

Pen steps

- New needle for every shot. **Safety shot:** dial 2 units and press until insulin appears.
- Inject, and keep the needle in your skin **at least 6 seconds** after the counter shows 0, or you may not get your full dose.
- **Never share a pen**, even with a new needle. Take the needle off after every injection.

Storage

- Unopened: refrigerator, 36-46°F. Never freeze.
- **Opened pen or cartridge:** room temperature below 86°F, not back in the fridge. **Opened vial:** either.
- **Throw away 28 days after opening.** Keep away from heat and light.

Use an insulin pump?

- Change the NovoLog in the reservoir at least every 7 days, and any time it gets hotter than body temperature.
- Don't mix it with other insulins in the pump.
- A pump problem can make your blood sugar rise fast and lead to ketoacidosis. **Always keep a backup way to inject insulin.**

Low blood sugar: know the signs

- Shakiness, sweating, dizziness, headache, hunger, a fast heartbeat, blurred vision, confusion, or mood changes.
- Ask your provider for a plan to treat lows. Mild lows can usually be treated with sugar by mouth, like glucose tablets.
- Don't drive until you know how NovoLog affects you. Avoid alcohol.

EMERGENCY: CALL 911
Trouble breathing, swelling of your face, tongue or throat, extreme drowsiness, or confusion: get medical help right away.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

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