

On the go

with Norditropin®

Patient travel tips



Indications and Usage:

What is Norditropin® (somatropin [rDNA origin] injection)?

Norditropin® is a prescription medicine that contains human growth hormone and is used to treat:

- children who are not growing because of low or no growth hormone.
- children who are short (in stature) and who have Noonan syndrome or Turner syndrome.
- children who are short (in stature) because they were born small (small for gestational age-SGA) and have not caught-up in growth by age 2 to 4 years.
- adults who did not make enough growth hormone when they were children or when they became adults.

Important Safety Information:

Who should not use Norditropin®?

Do not use Norditropin® if:

- you have a critical illness caused by certain types of heart or stomach surgery, trauma or breathing (respiratory) problems.
- you are a child with Prader-Willi syndrome who is severely obese or has breathing problems including sleep apnea.
- you have cancer or other tumors.
- your healthcare provider tells you that you have certain types of eye problems caused by diabetes.
- you are a child with closed bone growth plates (epiphyses).
- you are allergic to any of the ingredients in Norditropin®.

Please see Important Safety Information throughout and on pages 3 and 6.

Please see accompanying Prescribing Information.



norditropin®
somatropin (rDNA origin) injection

Patient travel tips



- Always carry a letter with you for airport and security staff regarding the transportation of medications. Go to www.norditropin.com/my-toolbox to download a form letter for your doctor to complete



- Always carry your health insurance cards with you



- Before you leave on your trip, always calculate how many pens you will need by dividing the number of milligrams in your pen by your daily dose. For example, if you have a new 15 mg pen and your daily dose is 1.25 mg, the pen will last 12 days. Be sure to take all the necessary medication, needles,^a and supplies for the duration of your planned trip. This is especially important when you travel internationally, as many countries may not have the medication or supplies you need



- Inform your doctor of any international trips you are planning and the countries you will be visiting

^a Needles are sold separately and may require a prescription in some states.

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- you are allergic to any of the ingredients in Norditropin®.

What should I tell my healthcare provider before I start Norditropin®?

Tell your healthcare provider if you:

- have diabetes, had cancer or any tumor, or have any other medical conditions.
- are pregnant or breastfeeding, or plan to become pregnant or breastfeed.
- take any prescription and non-prescription medicines, vitamins or herbal supplements. Norditropin® may affect how other medicines work, and other medicines may affect how Norditropin® works.

How should I use Norditropin®?

- **Do not share your Norditropin® pen and needles with another person. You may give another person an infection or get an infection from them.**



- Always put your medication and supplies in your carry-on luggage. Never pack your growth hormone medication in a checked bag. Ask airport security to visually inspect your medication instead of putting it through the x-ray scanners. It is best to keep the medication in its original packaging and/or carry a copy of your growth hormone prescription
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- Ensure safe storage of your growth hormone pens while traveling. Unused pens should be refrigerated; contact the hotel in advance to see if a refrigerator will be available in your room. For pens already in use, ensure that the room temperature can be adjusted so that you can safely store the pens. All Norditropin® (somatropin [rDNA origin] injection) products must be refrigerated at 36°F to 46°F prior to first use. Do not freeze. After initial use, Norditropin® pens can either be stored outside of the refrigerator (up to 77°F) for use within 3 weeks, or in the refrigerator (between 36°F and 46°F) for use within 4 weeks
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- Be sure to properly dispose of all needles. If you are in doubt about how to dispose of them while you are away, take them home with you and dispose of them as you normally would



- Please check with the Transportation Security Administration (www.tsa.gov) for complete rules and regulations regarding traveling with your medication



Important Safety Information (cont'd):

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What are the possible side effects of Norditropin®?

Norditropin® can cause serious side effects, including:

- high risk of death in people who have critical illnesses because of heart or stomach surgery, trauma or serious breathing (respiratory) problems.
- high risk of death in children with Prader-Willi syndrome who are severely obese or have breathing problems including sleep apnea.
- return of tumor or cancerous growths.
- high blood sugar (hyperglycemia).
- increase in pressure in the skull (intracranial hypertension). If you have headaches, eye problems, nausea or vomiting, swollen hands and feet due to fluid retention contact your healthcare provider right away.
- decrease in thyroid hormone levels.
- hip and knee pain or a limp in children (slipped capital femoral epiphysis).
- worsening of pre-existing curvature of the spine (scoliosis).
- middle ear infection, hearing or ear problems in patients with Turner syndrome.
- redness, itching and tissue weakness in the area of skin you inject.
- increase in phosphorus, alkaline phosphatase, and parathyroid hormone levels in your blood.

The most common side effects of Norditropin® include:

- headaches, muscle pain, joint stiffness, high blood sugar (hyperglycemia), and sugar in your urine (glucosuria).

Please see accompanying Prescribing Information.

Norditropin® is available only by prescription. For more information about Norditropin®, please visit norditropin.com.

Novo Nordisk provides patient assistance for those who qualify. Please call **1-866-310-7549** to learn more about Novo Nordisk assistance programs.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call **1-800-FDA-1088**.

Ask your health care provider if Norditropin® is right for you or your child.

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