

[Home](#)2. [Insulin aspart/insulin degludec](#)

## Insulin aspart and insulin degludec (Subcutaneous)

**Generic name:** insulin aspart and insulin degludec [ *IN-su-lin-AS-part, ree-KOM-bi-nant, IN-su-lin-de-GLOO-dek* ]**Brand name:** [Ryzodeg 70/30](#)**Drug class:** [Insulin](#)[Medically reviewed](#) by Drugs.com. Last updated on Jan 26, 2025.[Uses](#) [Before taking](#) [Dosage](#) [Warnings](#) [Side effects](#) [Brand names](#)

### Uses for insulin aspart and insulin degludec

Insulin aspart is a fast-acting type of insulin. Insulin degludec is a long-acting type of insulin that works slowly, over about 24 hours. Insulin is one of many hormones that help the body turn the food we eat into energy. This is done by using the glucose (sugar) in the blood as quick energy. Also, insulin helps us store energy that we can use later. When you have diabetes mellitus, your body cannot make enough insulin or does not use insulin properly. This causes you to have too much sugar in your blood. Like other types of insulin, insulin aspart and insulin degludec combination is used to keep your blood sugar level close to normal.

This medicine is available only with your doctor's prescription.

### Before using insulin aspart and insulin degludec

In deciding to use a medicine, the risks of taking the medicine must be weighed against the good it will do. This is a decision you and your doctor will make. For this medicine, the following should be considered:

#### Allergies

Tell your doctor if you have ever had any unusual or allergic reaction to this medicine or any other medicines. Also tell your health care professional if you have any other types of allergies, such as to foods, dyes, preservatives, or animals. For non-prescription products, read the label or package ingredients carefully.

#### Pediatric

Appropriate studies performed to date have not demonstrated pediatric-specific problems that would limit the usefulness of insulin aspart and insulin degludec combination in children. Safety and efficacy have not been established in children younger than 1 year of age.

#### Geriatric

Appropriate studies performed to date have not demonstrated geriatric-specific problems that would limit the usefulness of insulin aspart and insulin degludec combination in the elderly. However, elderly patients are more likely to have

hypoglycemia, which may require caution and an adjustment in the dose for patients receiving insulin aspart and insulin degludec combination.

## Breast Feeding

There are no adequate studies in women for determining infant risk when using this medication during breastfeeding. Weigh the potential benefits against the potential risks before taking this medication while breastfeeding.

## Interactions with Medicines

Although certain medicines should not be used together at all, in other cases two different medicines may be used together even if an interaction might occur. In these cases, your doctor may want to change the dose, or other precautions may be necessary. When you are taking this medicine, it is especially important that your healthcare professional know if you are taking any of the medicines listed below. The following interactions have been selected on the basis of their potential significance and are not necessarily all-inclusive.

Using this medicine with any of the following medicines is usually not recommended, but may be required in some cases. If both medicines are prescribed together, your doctor may change the dose or how often you use one or both of the medicines.

- Abiraterone Acetate
- Acarbose
- Alogliptin
- Bexagliflozin
- Bromocriptine
- Canagliflozin
- Chloroquine
- Chlorothiazide
- Chlorpropamide
- Chlorthalidone
- Ciprofloxacin
- Dapagliflozin
- Delafloxacin
- Empagliflozin
- Enoxacin
- Ertugliflozin
- Furosemide
- Gatifloxacin
- Gemifloxacin
- Glimepiride
- Glipizide

- Glyburide
- Grepafloxacin
- Hydrochlorothiazide
- Hydroflumethiazide
- Hydroxychloroquine
- Indapamide
- Lanreotide
- Levofloxacin
- Linagliptin
- Liraglutide
- Lomefloxacin
- Macimorelin
- Metformin
- Metoclopramide
- Metolazone
- Metreleptin
- Miglitol
- Moxifloxacin
- Nateglinide
- Norfloxacin
- Octreotide
- Ofloxacin
- Pasireotide
- Pioglitazone
- Polythiazide
- Pramlintide
- Repaglinide
- Rosiglitazone
- Semaglutide
- Sitagliptin
- Somatogon-ghla
- Sotagliflozin
- Sparfloxacin
- Thiocetic Acid

- Tolazamide
- Tolbutamide
- Triamterene
- Trovafloxacin
- Vildagliptin

Using this medicine with any of the following medicines may cause an increased risk of certain side effects, but using both drugs may be the best treatment for you. If both medicines are prescribed together, your doctor may change the dose or how often you use one or both of the medicines.

- Acebutolol
- Albiglutide
- Atenolol
- Betaxolol
- Bisoprolol
- Bitter Melon
- Carteolol
- Carvedilol
- Celiprolol
- Dulaglutide
- Esmolol
- Exenatide
- Fenugreek
- Glucomannan
- Guar Gum
- Isocarboxazid
- Labetalol
- Levobunolol
- Linezolid
- Lixisenatide
- Methylene Blue
- Metipranolol
- Metoprolol
- Nadolol
- Nebivolol

- Oxprenolol
- Ozanimod
- Penbutolol
- Phenelzine
- Pindolol
- Practolol
- Procarbazine
- Propranolol
- Psyllium
- Rasagiline
- Safinamide
- Saxagliptin
- Selegiline
- Sotalol
- Timolol
- Tirzepatide
- Tranylcypromine

## Interactions with Food/Tobacco/Alcohol

Certain medicines should not be used at or around the time of eating food or eating certain types of food since interactions may occur. Using alcohol or tobacco with certain medicines may also cause interactions to occur. The following interactions have been selected on the basis of their potential significance and are not necessarily all-inclusive.

Using this medicine with any of the following is usually not recommended, but may be unavoidable in some cases. If used together, your doctor may change the dose or how often you use this medicine, or give you special instructions about the use of food, alcohol, or tobacco.

- Ethanol

## Other Medical Problems

The presence of other medical problems may affect the use of this medicine. Make sure you tell your doctor if you have any other medical problems, especially:

- Hypoglycemia (low blood sugar)—Should not be used in patients with this condition.
- Hypokalemia (low potassium in the blood)—May make this condition worse and increase your chance of having serious side effects.
- Kidney disease or
- Liver disease—Use with caution. The effects may be increased because of the slower removal of the medicine from the body.

# Proper use of insulin aspart and insulin degludec

A nurse or other trained health professional may give you this medicine. You may also be taught how to give your medicine at home. This medicine is given as a shot under your skin.

Always double-check both the concentration (strength) of your insulin *and* your dose. *Concentration and dose are not the same.* The dose is how many units of insulin you will use. The concentration tells how many units of insulin are in each milliliter (mL), such as 100 units/mL (U-100), but this does not mean you will use 100 units at a time.

Each package of Ryzodeg® contains a patient information sheet. Read this sheet carefully and make sure you understand:

- How to prepare the medicine.
- How to inject the medicine.
- How to dispose of syringes, needles, and injection devices.

It is best to use a different place on the body for each injection (eg, under the skin of your abdomen or stomach, thigh, or upper arm). *Do not use the same exact spot for each injection.* If you have questions about this, contact a member of your health care team.

The insulin solution should look clear and colorless. Do not use it if it is cloudy or thickened. Do not mix this medicine with any other insulin or with water.

Take this medicine with any main meal. You may also use a fast- or short-acting insulin with other meals, if needed.

*Carefully follow the special meal plan your doctor gave you.* This is the most important part of controlling your condition, and is necessary if the medicine is to work properly. Also, exercise regularly and test for sugar in your blood or urine as directed.

## Dosing

The dose of this medicine will be different for different patients. Follow your doctor's orders or the directions on the label. The following information includes only the average doses of this medicine. If your dose is different, do not change it unless your doctor tells you to do so.

The amount of medicine that you take depends on the strength of the medicine. Also, the number of doses you take each day, the time allowed between doses, and the length of time you take the medicine depend on the medical problem for which you are using the medicine.

- For injection dosage form:
  - For Type 1 diabetes:
    - Adults and children 1 year of age and older—Dose is based on your blood sugar and must be determined by your doctor.
    - Children younger than 1 year of age—Use and dose must be determined by your doctor.
  - For Type 2 diabetes:
    - Adults and children 1 year of age and older—Dose is based on your blood sugar and must be determined by your doctor.

- Children younger than 1 year of age—Use and dose must be determined by your doctor.

## Missed Dose

If you miss a dose of this medicine, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double doses.

If you missed a dose, take your next dose with your next main meal on the same day and continue with your regular dosing schedule.

## Storage

Keep out of the reach of children.

Do not keep outdated medicine or medicine no longer needed.

Ask your healthcare professional how you should dispose of any medicine you do not use.

You may keep the *unopened* FlexTouch disposable prefilled pen in the refrigerator until the expiration date on the carton, or at room temperature for up to 28 days. Protect from light. Do not freeze.

Store the FlexTouch disposable prefilled pen *that you are currently using* at room temperature in a cool place, away from direct heat and light, for up to 28 days. Do not refrigerate.

 [Detailed Insulin aspart/insulin degludec dosage information](#)

## Precautions while using insulin aspart and insulin degludec

*Never share insulin pens with others under any circumstances.* It is not safe for one pen to be used for more than one person. Sharing needles or pens can result in transmission of hepatitis viruses, HIV, or other bloodborne illnesses.

*Your doctor will want to check your progress at regular visits,* especially during the first few weeks you take this medicine. Blood tests may be needed to check for unwanted effects.

It is very important to follow carefully any instructions from your health care team about:

- Alcohol—Drinking alcohol may cause severe low blood sugar. Discuss this with your health care team.
- Other medicines—Do not take other medicines during the time you are using Ryzodeg® unless they have been discussed with your doctor. This especially includes nonprescription medicines such as aspirin, and medicines for appetite control, asthma, colds, cough, hay fever, or sinus problems.
- Counseling—Other family members need to learn how to prevent side effects or help with side effects if they occur. Also, patients with diabetes may need special counseling about diabetes medicine dosing changes that might occur because of lifestyle changes, such as changes in exercise and diet. Furthermore, counseling on contraception and pregnancy may be needed because of the problems that can occur in patients with diabetes during pregnancy.
- Travel—Keep a recent prescription and your medical history with you. Be prepared for an emergency as you would normally. Make allowances for changing time zones and keep your meal times as close as possible to your usual meal times.

In case of emergency—There may be a time when you need emergency help for a problem caused by your diabetes. You need to be prepared for these emergencies. It is a good idea to:

- Wear a medical identification (ID) bracelet or neck chain at all times. Also, carry an ID card in your wallet or purse that says that you have diabetes and a list of all of your medicines.
- Keep an extra supply of Ryzodeg® and syringes with needles or injection devices on hand in case high blood sugar occurs.
- Keep some kind of quick-acting sugar handy to treat low blood sugar.
- Have a glucagon kit and a syringe and needle available in case severe low blood sugar occurs. Check and replace any expired kits regularly.

This medicine may cause hypoglycemia (low blood sugar). This is more common when this medicine is taken together with certain medicines or changes in insulin regimen (eg, insulin strength, type of insulin, injection site). *Low blood sugar must be treated before it causes you to pass out (unconsciousness). People feel different symptoms of low blood sugar.* It is important that you learn which symptoms you usually have so you can treat it quickly. Talk to your doctor about the best way to treat low blood sugar.

Hyperglycemia (high blood sugar) may occur if you do not take enough or skip a dose of your medicine, changes in insulin regimen, overeat or do not follow your meal plan, have a fever or infection, or do not exercise as much as usual. *High blood sugar can be very serious and must be treated right away. It is important that you learn which symptoms you have in order to treat it quickly.* Talk to your doctor about the best way to treat high blood sugar.

This medicine may cause a serious allergic reaction, including anaphylaxis, which can be life-threatening and requires immediate medical attention. Tell your doctor right away if you have a rash, itching, swelling of the face, tongue, and throat, trouble breathing, or chest pain after you receive the medicine.

This medicine may cause low levels of potassium in your blood. *Do not use medicines, supplements, or salt substitutes that contain potassium unless you have discussed this with your doctor.*

Using this medicine together with other diabetes medicine (eg, pioglitazone, rosiglitazone, Actos®, Actoplus Met®, Avandia®) may cause serious heart problem or edema (fluid retention). Check with your doctor immediately if you are rapidly gaining weight, have chest pain or discomfort, extreme tiredness or weakness, trouble breathing, uneven heartbeat, or excessive swelling of the hands, wrist, ankles, or feet.

## Side Effects of insulin aspart and insulin degludec

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

*Check with your doctor immediately if any of the following side effects occur:*

### *More common*

- Anxiety
- blurred vision
- chills
- cold sweats
- confusion
- cool, pale skin



- depression
- dizziness
- fast heartbeat
- headache
- increased hunger
- nausea
- nightmares
- seizures
- shakiness
- slurred speech
- unusual tiredness or weakness

#### *Less common*

- Bloating or swelling of the face, arms, hands, lower legs, or feet
- rapid weight gain
- tingling of the hands or feet
- unusual weight gain or loss

#### *Incidence not known*

- Cough
- decreased urine
- difficulty with breathing or swallowing
- dizziness, faintness, or lightheadedness when getting up suddenly from a lying or sitting position
- dry mouth
- hives, itching, or skin rash
- increased thirst
- irregular heartbeat
- large, hive-like swelling on the face, eyelids, lips, tongue, throat, hands, legs, feet, or sex organs
- loss of appetite
- muscle pain or cramps
- numbness or tingling in the hands, feet, or lips
- puffiness or swelling of the eyelids or around the eyes, face, lips, or tongue
- reddening of the skin, especially around the ears
- sweating
- tightness in the chest

- vomiting

Some side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. Also, your health care professional may be able to tell you about ways to prevent or reduce some of these side effects. Check with your health care professional if any of the following side effects continue or are bothersome or if you have any questions about them:

#### *More common*

- Body aches or pain
- ear congestion
- fever
- loss of voice
- muscle aches
- sneezing
- stuffy or runny nose

#### *Less common*

- Bleeding, blistering, burning, coldness, discoloration of the skin, feeling of pressure, hives, infection, inflammation, itching, lumps, numbness, pain, rash, redness, scarring, soreness, stinging, swelling, tenderness, tingling, ulceration, or warmth at the injection site

#### *Rare*

- Redistribution or accumulation of body fat

Other side effects not listed may also occur in some patients. If you notice any other effects, check with your healthcare professional.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

 [Insulin aspart/insulin degludec side effects](#) (more detail)

## Related/similar drugs

### **Ozempic**

Learn about Ozempic (semaglutide) for type 2 diabetes treatment, weight management, cardiovascular ...

#### **Reviews & ratings**

6.6 / 10

[1,504 Reviews](#)

[View more](#)

## Rybelsus

Rybelsus tablets are used to improve blood sugar control in adults with type 2 diabetes, and may ...

### Reviews & ratings

6.4 / 10

[282 Reviews](#)

[View more](#)

#### FEATURED

## Mounjaro

Mounjaro (tirzepatide) is FDA-approved to manage type 2 diabetes in adults. It lowers blood sugar ...

### Reviews & ratings

8.5 / 10

[1,278 Reviews](#)

[View more](#)

## Trulicity

Trulicity is an injectable diabetes medicine that is used together with diet and exercise to ...

### Reviews & ratings

5.3 / 10

[970 Reviews](#)

[View more](#)

## Lantus

Lantus is a long acting form of insulin used to treat type 1 or type 2 diabetes. Learn about side ...

### Reviews & ratings

6.5 / 10

[41 Reviews](#)

[View more](#)

## Tresiba

Tresiba (insulin degludec) is used to treat diabetes mellitus. Includes

treat diabetes mellitus. Includes

Tresiba side effects ...

### Reviews & ratings

4.3 / 10

[152 Reviews](#)

[View more](#)

## Victoza

Victoza helps control blood sugar levels and reduce the risk of serious heart problems in people ...

### Reviews & ratings

7.6 / 10

[766 Reviews](#)

[View more](#)

## Humalog

Humalog (insulin lispro) is used to treat type 1 (insulin-dependent) diabetes in adults. Includes ...

### Reviews & ratings

6.8 / 10

[22 Reviews](#)

[View more](#)

## Metformin

Metformin is an oral diabetes medicine used together with diet and exercise to improve blood sugar ...

### Reviews & ratings

6.8 / 10

[654 Reviews](#)

[View more](#)

## Basaglar

Basaglar (insulin glargine) is a long-acting insulin that is used to improve blood sugar control in ...

### Reviews & ratings

[View more](#)

## Commonly used brand name(s)

### In the U.S.

- Ryzodeg 70/30

Pharmacologic Class: Insulin, Ultra Rapid Acting

## Insulin aspart/insulin degludec Biosimilars

Biosimilar and interchangeable products are biological products that are highly similar to and have no clinically meaningful differences from the reference product.

### Reference products

These are biological products that have already been approved by the FDA, against which biosimilar products are compared. There is 1 for insulin aspart/insulin degludec.

#### Ryzodeg 70/30 (insulin degludec and insulin aspart) - Novo Nordisk Inc.



Formulation type	Strength
Autoinjector	210 units/3 mL (70 units/mL); 90 UNIT/3 mL (30 units/mL) <b>Discontinued</b>

View [Ryzodeg 70/30](#) information in detail.

## More about insulin aspart/insulin degludec

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(7\)](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Drug class: insulin](#)

### Patient resources

## Other brands

[Ryzodeg 70/30](#)

## Related treatment guides

- [Diabetes Mellitus](#)
- [Diabetes, Type 1](#)
- [Type 2 Diabetes](#)

## Further information

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

### DRUG STATUS

#### Availability

 Discontinued

#### Pregnancy & Lactation

 Risk data available

#### CSA Schedule\*

N/A Not a controlled drug



#### Approval History

 Drug history at FDA



## User Reviews & Ratings

[7 Reviews](#)

## Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



### About

[About Drugs.com](#)

[Advertising policy](#)

[Attribution & citations](#)

[Terms & privacy](#)

[Terms of use](#)  
[Editorial policy](#)  
[Privacy policy](#)

## Support

[Help center](#)  
[Sitemap](#)  
[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

**Drugs.com** provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices  
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.