

It is simple to start patients on NovoMix® 30¹

In insulin naive patients	Breakfast	Dinner
Once-daily start	-	12 units
Twice-daily start	6 units	6 units

It is simple to intensify patients with NovoMix® 30²

Once daily → twice daily²

Split the once-daily dose into equal pre-breakfast and pre-dinner doses (50:50)

Discontinue sulfonylureas (SUs)

Twice daily → three times daily²

Add 2–6 units or 10% of total daily NovoMix® 30 dose before lunch

Down-titration of morning dose may be needed after adding the lunch dose

It is simple to adjust the dose of NovoMix® 30

Table 1^{1,2}

Pre-meal blood glucose level		NovoMix® 30 dose adjustment
mmol/L	mg/dL	Units
< 4.4	< 80	-2
4.4–6.1	80–110	0
6.2–7.8	111–140	+2
7.9–10	141–180	+4
> 10	> 180	+6

Always change the mealtime dose preceding the measurement according to guidance in table 2^{1,2}

Dose adjustments can be made once a week until target HbA_{1c} is reached¹

Administer NovoMix® 30 just before or after meals¹

References 1. NovoMix® 30 Summary of Product Characteristics. 2. Unnikrishnan A et al. Practical guidance on intensification on insulin therapy with BIAsp 30: a consensus statement. Int J Clin Pract 2009; 63(11):1571–1577.

Table 2

Dose to titrate	Timing of blood glucose measurements used for dose titration		
	NovoMix® 30 once daily	NovoMix® 30 twice daily	NovoMix® 30 three times daily
Breakfast	-	Pre - dinner	Pre - lunch
Lunch	-	-	Pre - dinner
Dinner	Pre - breakfast	Pre - breakfast	Pre - breakfast

NovoMix® 30
(biphasic insulin aspart)