Your Guide to NovoLog® Mix 70/30

Get off to a good start

NovoLog® Mix 70/30
70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Please see Important Safety Information throughout. Please click here for Prescribing Information.
You’re taking an important step in managing your blood sugar with NovoLog® Mix 70/30.

It is important to know that diabetes changes over time. With NovoLog® Mix 70/30, you’ve taken an important step in diabetes management. We hope you find the content in this guide helpful and easy to understand.

**NovoLog® Mix 70/30 at a glance**
Find out how NovoLog® Mix 70/30 works to help keep your blood sugar in control at mealtimes and in between. Also, get answers to common questions about NovoLog® Mix 70/30.

**How to Use NovoLog® Mix 70/30**
Follow illustrated, step-by-step directions on how to prepare, use, and store your NovoLog® Mix 70/30 FlexPen®.

**Support and Resources**
Learn about Novo Nordisk’s commitment to diabetes, find out how to save on NovoLog® Mix 70/30 FlexPen®, and discover the online Cornerstones4Care® Diabetes Health Coach.

**Indications and Usage**
**What is NovoLog® Mix 70/30?**
- NovoLog® Mix 70/30 is a man-made insulin used to control high blood sugar in adults with diabetes mellitus.
- It is not known if NovoLog® Mix 70/30 is safe or effective in children.

**Important Safety Information**
Do not share your NovoLog® Mix 70/30 FlexPen® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

**Who should not use NovoLog® Mix 70/30?**
- Do not use NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

Please see Important Safety Information throughout. Please click here for Prescribing Information.
-Rickie S.
Bergenfield,
New Jersey

NovoLog® Mix 70/30
70% insulin aspart protamine suspension and
30% insulin aspart injection, (rDNA origin)
NovoLog® Mix 70/30 at a glance

2-in-1 control
NovoLog® Mix 70/30 is typically taken twice a day and works in 2 ways to help control blood sugar.

2 ways

30% for fast action to cover your mealtime blood sugar levels

70% extended action for up to 24 hours of blood sugar control in between meals

No refrigeration needed up to 14 days
Once in use, NovoLog® Mix 70/30 FlexPen® should be kept at room temperature (below 86°F) for up to 14 days and is also small enough to fit in your purse or pocket. So, NovoLog® Mix 70/30 FlexPen® goes almost anywhere you go. Unopened NovoLog® Mix 70/30 FlexPen® is stored in the refrigerator (36°F to 46°F).

Dosing flexibility
If you have type 2 diabetes, you can take NovoLog® Mix 70/30 15 minutes before or after starting meals.

Important Safety Information (cont’d)
What should I tell my health care provider before taking NovoLog® Mix 70/30?
• About all of your medical conditions, including liver, kidney, or heart problems.
• If you are pregnant, breastfeeding, or plan to do either.
• About all prescription and nonprescription medicines you take, including supplements, as your dose may need to change.

Please see Important Safety Information throughout. Please click here for Prescribing Information.
Proven to lower A1C
NovoLog® Mix 70/30 can help lower A1C, which is the average blood sugar level over 2 to 3 months.

Did you know?
There are 2 kinds of insulin available: human and analog. NovoLog® Mix 70/30 is an analog insulin that more closely resembles the body’s natural release of insulin than human insulin. Analogs are a newer form of insulin.

Low rate of very low blood sugar
In a 2-year study, it was shown that people who took NovoLog® Mix 70/30 had fewer episodes of very low blood sugar (major hypoglycemia) compared with those taking human premix insulin.

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<th>Human premix insulin</th>
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<td>11</td>
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<tr>
<td>2</td>
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Low blood sugar is the most common side effect of all insulin, including NovoLog® Mix 70/30.

“NovoLog® Mix 70/30 FlexPen® was the change I needed.”
-Rickie S.
Bergenfield, New Jersey
The highs and lows of blood sugar

It’s important to check your blood sugar regularly as directed by your health care provider. Call your diabetes care team if your blood sugar level has been above your goal and you don’t know why.

High blood sugar (hyperglycemia)

High blood sugar (hyperglycemia) may make you feel thirsty, hungry, sleepy, or like your mouth is dry. You may also experience blurred vision, feel the need to urinate more than usual, or you may notice infections or injuries are taking longer to heal.

What to do:
• Follow your meal plan
• Do some physical activity (follow your physical activity plan)
• Take your medicine as directed by your health care provider
• Always check with your health care provider on how to treat high blood sugar

Important Safety Information (cont’d)

How should I take NovoLog® Mix 70/30?

• NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject within 15 minutes before you eat a meal. If you have type 2 diabetes, inject within 15 minutes before or after starting your meal.

• Inject NovoLog® Mix 70/30 under the skin of your stomach area, upper arms, buttocks, or thighs, but never into a vein or muscle.

• Do not mix NovoLog® Mix 70/30 with other insulin products or use in an insulin pump.

• Do not change your dose or type of insulin unless you are told to by your health care provider.

• Do not reuse or share your needles or syringes with other people. You may give other people a serious infection, or get a serious infection from them.

• Check your blood sugar levels as directed by your health care provider.
Low blood sugar can be caused by missing meals, increasing your physical activity, or drinking alcoholic beverages. It can also happen as a side effect of certain diabetes medicines. Check your blood sugar right away if you have any of these symptoms. Some diabetes symptoms may go unnoticed.

Low blood sugar (hypoglycemia)

Low blood sugar (hypoglycemia) may make you feel weak or tired, hungry, dizzy, sweaty, nervous or upset, like your heart is beating too fast, or your vision is blurry.

What to do:

Eat or drink something high in sugar right away, such as:

- 1/2 cup of regular fruit juice (like orange, apple, or grape juice)
- 1/2 cup of regular soda (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)

“After taking NovoLog® Mix 70/30 the past 6 months, my blood sugar has improved.”
- Ralph M.
  Powder Springs, Georgia

Please see Important Safety Information throughout.
Please click here for Prescribing Information.
Frequently asked questions about NovoLog® Mix 70/30

How is NovoLog® Mix 70/30 different from other insulin products?
NovoLog® Mix 70/30 is a single insulin that works 2 ways. It is typically taken 2 times a day, and when taken as directed, it works fast to cover increases in blood sugar after meals. It also has an extended release that can last up to 24 hours.

Can I take NovoLog® Mix 70/30 with other medications?
Before you use NovoLog® Mix 70/30, tell your health care provider about all medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. NovoLog® Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog® Mix 70/30 works. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

How do I take NovoLog® Mix 70/30?
NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject within 15 minutes before you start a meal. If you have type 2 diabetes, inject within 15 minutes before or after starting your meal. Inject NovoLog® Mix 70/30 under the skin of your stomach area, upper arms, buttocks, or thighs, but never into a vein or muscle.

Important Safety Information (cont’d)

What should I consider while using NovoLog® Mix 70/30?
• Alcohol, including beer and wine, may affect your blood sugar.
• Be careful when driving a car or operating machinery. You may have difficulty concentrating or reacting if you have low blood sugar. Talk to your health care provider if you often have low blood sugar or no warning signs of low blood sugar.
How often should I test my blood sugar?
You and your diabetes care team will decide when you should check your blood sugar. Here are some times when your health care provider may tell you to check:

- When you wake up (fasting plasma glucose)
- Before meals or large snacks
- 1 to 2 hours after meals (postprandial glucose)
- Before and within minutes after physical activity

What do I do if I need to improve my blood sugar?
Staying active and closely following the meal plan your diabetes care team created for you are ways to help improve your blood sugar. You may also need your NovoLog® Mix 70/30 dose adjusted. After you check your blood sugar regularly and share the results with your health care provider, it can be determined how best your insulin therapy can be tailored to your needs.

What type of needles should I be using?
NovoLog® Mix 70/30 FlexPen® can be used with NovoFine®, NovoFine® Plus, and NovoTwist® disposable needles. In a study, the majority of people using a NovoFine® 32G Tip needle said they experienced little or no pain.

Please see Important Safety Information throughout. Please click here for Prescribing Information.
How do I store my NovoLog® Mix 70/30 FlexPen®?

Before use:

- Unopened NovoLog® Mix 70/30 FlexPen® should be kept in the refrigerator within a temperature range of 36°F to 46°F (2°C to 8°C)
- Do not freeze NovoLog® Mix 70/30 FlexPen® or use if frozen
- Keep unopened NovoLog® Mix 70/30 FlexPen® in the carton to protect it from light

Once in use:

- NovoLog® Mix 70/30 FlexPen® should be kept at room temperature below 86°F (30°C) for up to 14 days
- Do not store NovoLog® Mix 70/30 FlexPen® you’re using in the refrigerator
- Keep NovoLog® Mix 70/30 FlexPen® away from direct heat or light
- Be sure to throw away your used NovoLog® Mix 70/30 FlexPen® after 14 days, even if there’s still insulin left in it

Please see Important Safety Information throughout. Please click here for Prescribing Information.
What if I have more questions about NovoLog® Mix 70/30 FlexPen®?
Talk to your health care provider, visit NovoLogMix70-30.com, or contact the Novo Nordisk Customer Care Center at 1-800-727-6500. Find more diabetes information at Cornerstones4Care.com.

Important Safety Information (cont’d)

What are the possible side effects of NovoLog® Mix 70/30?

• Low blood sugar, including when too much is taken. Some symptoms include sweating, shakiness, confusion, and headache. Severe low blood sugar can cause unconsciousness, seizures, and death.

• Serious allergic reactions may occur. Get medical help right away, if you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.

• Other side effects include low potassium in your blood, injection site reactions (like redness, swelling, and itching), skin thickening or pits at the injection site, weight gain, swelling of your hands and feet, if taken with thiazolidinediones (TZDs) possible heart failure, and vision changes.

“NovoLog® Mix 70/30 FlexPen® helps me manage my diabetes.”
-Kathleen K.
Statesville, North Carolina
Instructions For Use

NovoLog® Mix 70/30 FlexPen® (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

Read the following instructions carefully before you start using your NovoLog® Mix 70/30 FlexPen® and each time you get a refill. There may be new information. You should read the instructions even if you have used NovoLog® Mix 70/30 FlexPen® before.

Do not share your NovoLog® Mix 70/30 FlexPen® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

NovoLog® Mix 70/30 FlexPen® is a disposable dial-a-dose insulin pen. You can select doses from 1 to 60 units in increments of 1 unit. NovoLog® Mix 70/30 FlexPen® is designed to be used with NovoFine®, NovoFine® Plus, or NovoTwist® needles.

NovoLog® Mix 70/30 FlexPen® should not be used by people who are blind or have severe visual problems without the help of a person who has good eyesight and who is trained to use the NovoLog® Mix 70/30 FlexPen® the right way.

Getting ready
Make sure you have the following items:
• NovoLog® Mix 70/30 FlexPen®
• New NovoFine®, NovoFine® Plus, or NovoTwist® needle
• Alcohol swab

Watch a video on how to use NovoLog® Mix 70/30 FlexPen® at PenInstructions.com.
• Wash your hands with soap and water.
• Before you start to prepare your injection, check the label to make sure that you are taking the right type of insulin. This is especially important if you take more than 1 type of insulin. NovoLog® Mix 70/30 should look cloudy after mixing.

Before your first injection with a new NovoLog® Mix 70/30 FlexPen® you must mix the insulin:

A. Let the insulin reach room temperature before you use it. This makes it easier to mix. Pull off the pen cap (see diagram A).

B. Roll the pen between your palms 10 times – it is important that the pen is kept horizontal (see diagram B).

C. Then gently move the pen up and down ten times between position 1 and 2 as shown, so the glass ball moves from one end of the cartridge to the other (see diagram C).

Repeat rolling and moving the pen until the liquid appears white and cloudy.

For every following injection move the pen up and down between positions 1 and 2 at least ten times until the liquid appears white and cloudy.

After mixing, complete all the following steps of the injection right away. If there is a delay, the insulin will need to be mixed again.

Wipe the rubber stopper with an alcohol swab.

Before you inject, there must be at least 12 units of insulin left in the cartridge to make sure the remaining insulin is evenly mixed. If there are less than 12 units left, use a new NovoLog® Mix 70/30 FlexPen®.

D. Remove the protective tab from a disposable needle. Screw the needle tightly onto your NovoLog® Mix 70/30 FlexPen®. It is important that the needle is put on straight (see diagram D). Never place a disposable needle on your NovoLog® Mix 70/30 FlexPen® until you are ready to take your injection.
E. Pull off the big outer needle cap (see diagram E).
F. Pull off the inner needle cap and dispose of it (see diagram F).

Always use a new needle for each injection to help ensure sterility and prevent blocked needles. Do not reuse or share your needles or syringes with other people. You may give other people a serious infection, or get a serious infection from them.

Be careful not to bend or damage the needle before use.

To reduce the risk of a needle stick, **never put the inner needle cap back on the needle.**

## Giving the airshot before each injection

Before each injection small amounts of air may collect in the cartridge during normal use. **To avoid injecting air and to make sure you take the right dose of insulin:**

G. Turn the dose selector to select 2 units (see diagram G).

H. Hold your NovoLog® Mix 70/30 FlexPen® with the needle pointing up. Tap the cartridge gently with your finger a few times to make any air bubbles collect at the top of the cartridge (see diagram H).

I. Keep the needle pointing upwards, press the push-button all the way in (see diagram I). The dose selector returns to 0.

A drop of insulin should appear at the needle tip. If not, change the needle and repeat the procedure no more than 6 times.

If you do not see a drop of insulin after 6 times, do not use the NovoLog® Mix 70/30 FlexPen® and contact Novo Nordisk at 1-800-727-6500.

A small air bubble may remain at the needle tip, but it will not be injected.

Please see Important Safety Information throughout. Please click here for Prescribing Information.

For more information about how to use and maintain your NovoLog® Mix 70/30 FlexPen®, click here for Prescribing Information and Patient Information.
Check and make sure that the dose selector is set at 0.

J. Turn the dose selector to the number of units you need to inject. The pointer should line up with your dose. The dose can be corrected either up or down by turning the dose selector in either direction until the correct dose lines up with the pointer (see diagram J). When turning the dose selector, be careful not to press the push-button as insulin will come out.

You cannot select a dose larger than the number of units left in the cartridge.

You will hear a click for every single unit dialed. Do not set the dose by counting the number of clicks you hear.

Do not use the cartridge scale printed on the cartridge to measure your dose of insulin.

K. Insert the needle into your skin. Inject the dose by pressing the push-button all the way in until the 0 lines up with the pointer (see diagram K). Be careful only to push the button when injecting. Turning the dose selector will not inject insulin.

L. Keep the needle in the skin for at least 6 seconds, and keep the push-button pressed all the way in until the needle has been pulled out from the skin (see diagram L). This will make sure that the full dose has been given. You may see a drop of insulin at the needle tip. This is normal and has no effect on the dose you just received.

If blood appears after you take the needle out of your skin, press the injection site lightly with an alcohol swab. Do not rub the area.

Do the injection exactly as shown to you by your health care provider. Your health care provider should tell you if you need to pinch the skin before injecting. Wipe the skin with an alcohol swab and let the area dry.

NovoLog® Mix 70/30 can be injected under the skin (subcutaneously) or your stomach area, buttocks, upper legs (thighs), or upper arms.

For each injection, change (rotate) your injection site within the area of skin that you use. Do not use the same injection site for each injection.
After the injection

Do not recap the needle. Recapping can lead to a needle stick injury. Remove the needle from NovoLog® Mix 70/30 FlexPen® after each injection and dispose of it. This helps to prevent infection, leakage of insulin, and will help to make sure you inject the right dose of insulin. If you do not have a sharps container, carefully slip the needle into the outer needle cap. Safely remove the needle and throw it away as soon as you can.

- Put your used NovoLog® Mix 70/30 FlexPen® and needles in an FDA-cleared sharps disposal container right away after use. Do not throw away (dispose of) loose needles and pens in your household trash.

- If you do not have an FDA-cleared sharps disposal container, you may use a household container that is:
  - made of a heavy-duty plastic
  - can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out
  - upright and stable during use
  - leak-resistant
  - properly labeled to warn of hazardous waste inside the container

- When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about the safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA’s website at: http://www.fda.gov/safesharpsdisposal.

Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this.

Do not recycle your used sharps disposal container.

NovoLog® Mix 70/30 FlexPen® prevents the cartridge from being completely emptied. It is designed to deliver 300 units.

M. Put the pen cap on the NovoLog® Mix 70/30 FlexPen® and store the NovoLog® Mix 70/30 FlexPen® without the needle attached (see diagram M). Storing without the needle attached helps prevent leaking, blocking of the needle, and air from entering the pen.

Please see next page for NovoLog® Mix 70/30 FlexPen® storage and maintenance instructions.
How should I store NovoLog® Mix 70/30 FlexPen®?

- Store unused NovoLog® Mix 70/30 FlexPen® in the refrigerator at 36°F to 46°F (2°C to 8°C).
- Store the FlexPen® you are currently using out of the refrigerator below 86°F (30°C) for up to 14 days.
- Do not freeze NovoLog® Mix 70/30. Do not use NovoLog® Mix 70/30 if it has been frozen.
- Keep NovoLog® Mix 70/30 away from heat or light.
- Unused NovoLog® Mix 70/30 FlexPen® may be used until the expiration date printed on the label, if kept in the refrigerator.
- The NovoLog® Mix 70/30 FlexPen® you are using should be thrown away after 14 days, even if it still has insulin left in it.
- Store NovoLog® Mix 70/30 FlexPen® without the needle attached.

Maintenance

For the safe and proper use of your NovoLog® Mix 70/30 FlexPen® be sure to handle it with care. Avoid dropping your NovoLog® Mix 70/30 FlexPen® as it may damage it. If you are concerned that your NovoLog® Mix 70/30 FlexPen® is damaged, use a new one. You can clean the outside of your NovoLog® Mix 70/30 FlexPen® by wiping it with a damp cloth. Do not soak or wash your NovoLog® Mix 70/30 FlexPen® as it may damage it. Do not refill your NovoLog® Mix 70/30 FlexPen®.

- Remove the needle from the NovoLog® Mix 70/30 FlexPen® after each injection. This helps to ensure sterility, prevent leakage of insulin, and will help to make sure you inject the right dose of insulin for future injections.
- Be careful when handling used needles to avoid needle sticks and transfer of infectious diseases.
- Keep your NovoLog® Mix 70/30 FlexPen® and needles out of the reach of children.
- Use NovoLog® Mix 70/30 FlexPen® as directed to treat your diabetes.
- Do not share your NovoLog® Mix 70/30 FlexPen® or needles with other people. You may give other people a serious infection, or get a serious infection from them.
- Always use a new needle for each injection.
- Novo Nordisk is not responsible for harm due to using this insulin pen with products not recommended by Novo Nordisk.
- As a precautionary measure, always carry a spare insulin delivery device in case your NovoLog® Mix 70/30 FlexPen® is lost or damaged.
- Remember to keep the disposable NovoLog® Mix 70/30 FlexPen® with you. Do not leave it in a car or other location where it can get too hot or too cold.
Indications and Usage
What is NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])?
• NovoLog® Mix 70/30 is a man-made insulin used to control high blood sugar in adults with diabetes mellitus.
• It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information
Do not share your NovoLog® Mix 70/30 FlexPen® with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.

Who should not use NovoLog® Mix 70/30?
• Do not use NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or you are allergic to any of its ingredients.

What should I tell my health care provider before taking NovoLog® Mix 70/30?
• About all of your medical conditions, including liver, kidney, or heart problems.
• If you are pregnant, breastfeeding, or plan to do either.
• About all prescription and nonprescription medicines you take, including supplements, as your dose may need to change.

How should I take NovoLog® Mix 70/30?
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• Inject NovoLog® Mix 70/30 under the skin of your stomach area, upper arms, buttocks, or thighs, but never into a vein or muscle.
• Do not mix NovoLog® Mix 70/30 with other insulin products or use in an insulin pump.
• Do not change your dose or type of insulin unless you are told to by your health care provider.
• Do not reuse or share your needles or syringes with other people. You may give other people a serious infection, or get a serious infection from them.
• Check your blood sugar levels as directed by your health care provider.
What should I consider while using NovoLog® Mix 70/30?
• Alcohol, including beer and wine, may affect your blood sugar.
• Be careful when driving a car or operating machinery. You may have difficulty concentrating or reacting if you have low blood sugar. Talk to your health care provider if you often have low blood sugar or no warning signs of low blood sugar.

What are the possible side effects of NovoLog® Mix 70/30?
• Low blood sugar, including when too much is taken. Some symptoms include sweating, shakiness, confusion, and headache. Severe low blood sugar can cause unconsciousness, seizures, and death.
• Serious allergic reactions may occur. Get medical help right away, if you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
• Other side effects include low potassium in your blood, injection site reactions (like redness, swelling, and itching), skin thickening or pits at the injection site, weight gain, swelling of your hands and feet, if taken with thiazolidinediones (TZDs) possible heart failure, and vision changes.

Please see Important Safety Information throughout.
Please click here for Prescribing Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.
Support from Cornerstones4Care®

Join Cornerstones4Care® and learn about the 4 cornerstones of diabetes care:

**Healthy Eating:** Balancing what, when, and the amount you eat will help you make smart choices

**Being Active:** Find ways to stay active without necessarily having to join a gym—small steps in physical activity can make a big difference

**Medicine:** Putting the treatment plan your health care provider prescribed into action and creating a routine for yourself

**Tracking:** Checking your blood sugar levels on a regular basis helps identify patterns and better informs your health care provider at your next appointment

Once you register, you’ll get 24/7 access to an online diabetes support program designed to help manage both type 1 and type 2 diabetes. You will also have access to the Cornerstones4Care® Diabetes Health Coach, which offers a step-by-step, online, personalized learning and action plan to help you build the healthy habits and skills you need to manage your diabetes.

Visit Cornerstones4Care.com to get started.

Please see Important Safety Information throughout. Please click here for Prescribing Information.
Save on NovoLog® Mix 70/30

Eligible patients can use the Instant Savings Card included in this kit and pay no more than $25 a fill up to 2 years (maximum savings up to $100 per fill) when you start on NovoLog® Mix 70/30. You may also be eligible to receive a free box of Novo Nordisk needles. Eligibility and other restrictions apply. See Novo Nordisk Instant Savings Card in your Starter Kit for details.

When you activate your card, you’ll also get ongoing communications, including meal planning tools, interactive trackers, and access to free, downloadable e-books.

*Needles are sold separately and may require a prescription in some states.
NovoLog Mix® 70/30 is covered on most health insurance and Medicare plans.

Available by prescription only.

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.