

Letter for airport and airline security staff regarding the transport of medicine

To Whom It May Concern:

_____ (patient's name) is currently a patient in my care and is being treated with growth hormone injections with Norditropin® (somatropin [rDNA origin] injection). This patient needs to inject growth hormone daily in order to maintain his/her health. This person, parent, or caregiver will therefore be carrying one or more of the following items:

- Norditropin® FlexPro® 5 mg/1.5 mL, 10 mg/1.5 mL, 15 mg/1.5 mL, and/or 30 mg/3 mL delivery pen(s)
- Disposable needles^a
- Biohazard container(s) for waste disposal

It should also be noted that growth hormone medication is affected by extreme temperatures and therefore should not be stored in checked luggage. Please allow _____ (patient's name) to pass through security and board his/her flight with his/her growth hormone and supplies.

For questions about Novo Nordisk products, call **1-800-727-6500**. Please contact my office if you have any patient-specific questions.

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 Norditropin® or any of the ingredients in Norditropin®.



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

**Please see Important Safety Information throughout.
Please see accompanying Prescribing Information.**

norditropin®
somatropin (rDNA origin) injection

Tips for traveling patients

- Always carry this letter with you to show to airport and security staff regarding the transportation of medications
- Always carry your health insurance cards with you
- Always carry with you the quantity of drugs and needles^a necessary for any possible treatments for the duration of your trip
- When you travel internationally, your medication or needle may not be available on the market in many countries, and many countries may not be able to supply necessary medications or needles or may have limited supplies
- Inform your doctor of any international trip you are taking and the country(ies) you will be visiting
- Call ahead to your hotel or lodging to ensure the availability of a refrigerator for medication in your hotel room. Many hotels will have them available at no charge if notified in advance
- Always carry your treatment kit and medication in your hand luggage. Never check your growth hormone medication
- Do not hesitate to inform the flight crew and/or airport and airline security staff if you feel it is necessary and explain clearly if asked anything about your health care
- Please check with the TSA (www.tsa.gov) for full rules and regulations regarding traveling with medication
- When carrying your medication and supplies in your carry-on, ask airport security to visually inspect them instead of putting them through x-ray scanners

Important Safety Information (cont'd):

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

Tell your healthcare provider about all of your medical conditions, including 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.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and 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.**

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.
- serious allergic reactions. Get medical help right away if you have the following symptoms: swelling of your face, lips, mouth or tongue, trouble breathing, wheezing, severe itching, skin rashes, redness or swelling, dizziness or fainting, fast heartbeat or pounding in your chest, or sweating.
- decrease in a hormone called cortisol.
- 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).

Respectfully,

(Doctor's signature)

(Doctor's name)

(Doctor's telephone number)

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Please see accompanying Prescribing Information.**

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norditropin[®]
somatropin (rDNA origin) injection