

28 July 2024

### **NZSSD Guidance: Discontinuation of Penmix30 and Penmix 50 and Mixtard 30**

Novo Nordisk is discontinuing its supply of Penmix30, Penmix50 and Mixtard30 from the New Zealand market from September 30<sup>th</sup>, 2024. It is important to start changing people to an alternative to avoid a mass change in September and an issue with supply.

*NOTE: Penmix 30 and Mixtard 30 is 30% short acting and 70% basal. Equivalent to 30% actrapid and 70% protophane*

*Penmix50 is 50% short acting and 50% basal. Equivalent to 50% actrapid and 50% protophane.*

Alternative available premixed insulins in Aotearoa New Zealand are:

- NovoMix 30 (30% rapid acting insulin/70% basal insulin)
- Humalog Mix 25 (25% rapid acting insulin/75% basal insulin)
- Humalog Mix 50 (50% rapid acting insulin/50% basal insulin)
- Humulin 30/70 (30% short acting insulin/70% basal insulin)

When changing over to a new premixed insulin NZSSD recommendations are:

#### **1. Changing from Penmix 30 or Mixtard 30 to:**

- Humulin 30/70: Units of insulin will remain the same
- Novomix 30/70 – Either: Units of insulin will remain the same  
Or: consider a 10% decrease if at risk of postprandial hypoglycaemia.  
**Monitor and titrate accordingly**
- Humalog Mix 25 – 30% short acting insulin will change to 25% rapid acting insulin:  
consider a 10% decrease in dose  
**Monitor and titrate accordingly.**

#### **2. Changing from Penmix 50 to:**

- Humalog Mix 50 – Units of insulin will remain the same
- Consider a 10% decrease if at risk of postprandial hypoglycaemia.
- **Monitor and titrate accordingly.**

#### **3. Other alternatives:**

- Consider non-insulin medication for people with type 2 diabetes  
<https://t2dm.nzssd.org.nz/Home.html>
- Consider basal bolus regimens, particularly for those with type 1 diabetes