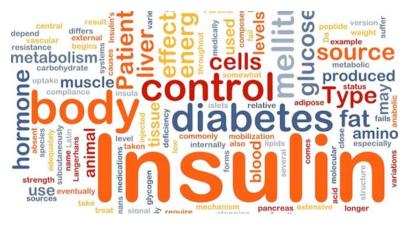
Insulin Tips for Better Diabetes Management



Storage and Use

Insulin Storage

- Protect insulin from extreme hot and cold
- Always keep insulin away from direct light or heat. Do not store it near heater vents, ovens, radiators, sunny windows or on top of a refrigerator
- Never leave insulin in a closed car during very warm or cold months

UN-OPENED vials or pens:

- Are best stored in the refrigerator until the expiration date
- Never store in the freezer

OPENED vials:

- May be kept at room temperature (less than 86 degrees) for 28-30 days
 No matter how much is left in the vial toss it out after that time and open a new bottle.
 - o EXCEPT--Levemir and NPH, Novolin 70/30 can be kept for 42 days

OPENED pens:

- <u>May be kept</u> at room temperature anywhere from **10-42 days**. No matter how much is left in the pen, toss it out and open a new pen after the correct amount of days.
 - o Humalog Mix 75/25, Humulin 70/30, Novolin 70/30 for 10 days
 - o Novolin N, Novolog Mix 70/30 for 14 days
 - o Apidra, Humalog, Novolog, Lantus and Toujeo for 28 days
 - o **Levemir** can be kept for 42 days

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Insulin Use

For best results using insulin, remember to:

- Mark your vial or pen with a permanent marker with the date it was opened
- Rotate your injection sites
- Avoid areas that feel hard, tender or that look red
- Always carry fast-acting sugar (glucose tabs or hard candy)
- Consider carrying a wallet card with instructions on how to treat low blood sugar
- Always wear a medical alert emblem (bracelet, necklace, watch tag) and a medical
 ID card that states you have diabetes and are on insulin

Insulin Troubleshooting

There are two ways to tell when insulin is no longer any good:

- a change in appearance
- poor performance

Change in appearance of insulin:

- Cloudy when it is supposed to be clear
- Looks stringy
- Has changed in color
- Is supposed to be cloudy but it has clumps, even after rolling it between your palms

Expect poor performance of insulin when:

- Your vial/pen has been open for longer than the recommended days
- You have a lot of punctures in the rubber stopper because you take very small doses of insulin and you're getting close to the end of the bottle
- Also, if you're going to be outdoors for a while in hot weather, store your insulin in an insulated case

If you think your insulin has gone bad, **DON'T take any chances**. Call the pharmacy or the Disease Management nurse and ask for assistance.



For more information, call CCHP Disease Management Program Nurse 925-864-3189