

MyCARE

With me, every step of the way



“Let’s learn some helpful tips to **SAFELY STORE INSULIN**”



CHECK THE EXPIRATION DATE

before using the Insulin,
and **DO NOT USE** any Insulin
beyond its expiration date.



A sealed vial/pen/cartridge
should be **REFRIGERATED**
BETWEEN 2° - 8° C.



Freezer- Do not store below 2° C

Middle Rack- Correct Insulin storage area

Vegetable Tray- Do not store above 8° C

DO NOT STORE INSULIN in
direct sunlight/car glove
compartment (extreme heat)
or Freezer (extreme cold).

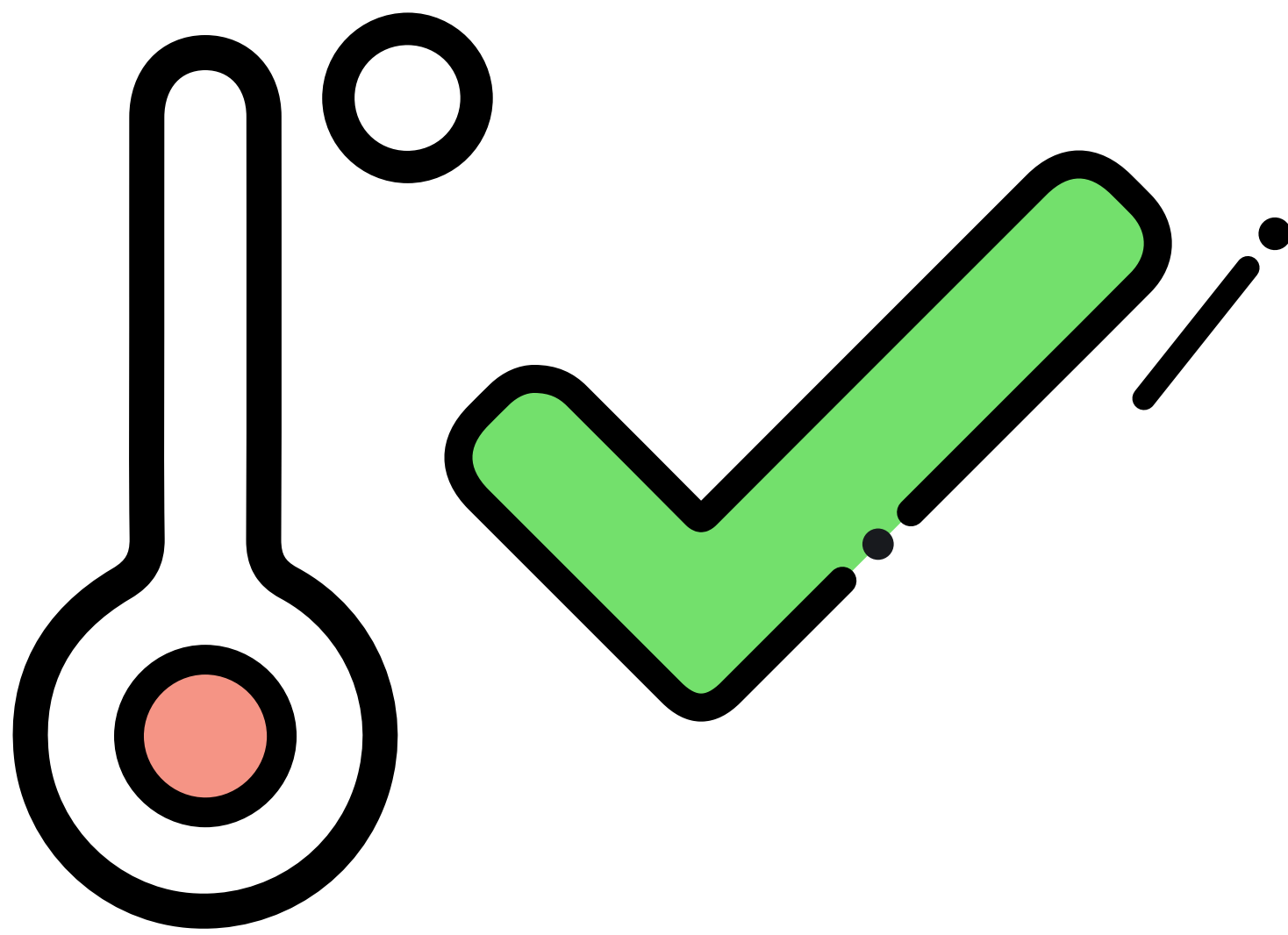


INSULIN SHOULD NEVER BE FROZEN.

If frozen by mistake,
discard the Insulin.



Specific storage
recommendations provided by
the manufacturer **SHOULD
BE FOLLOWED PROPERLY.**



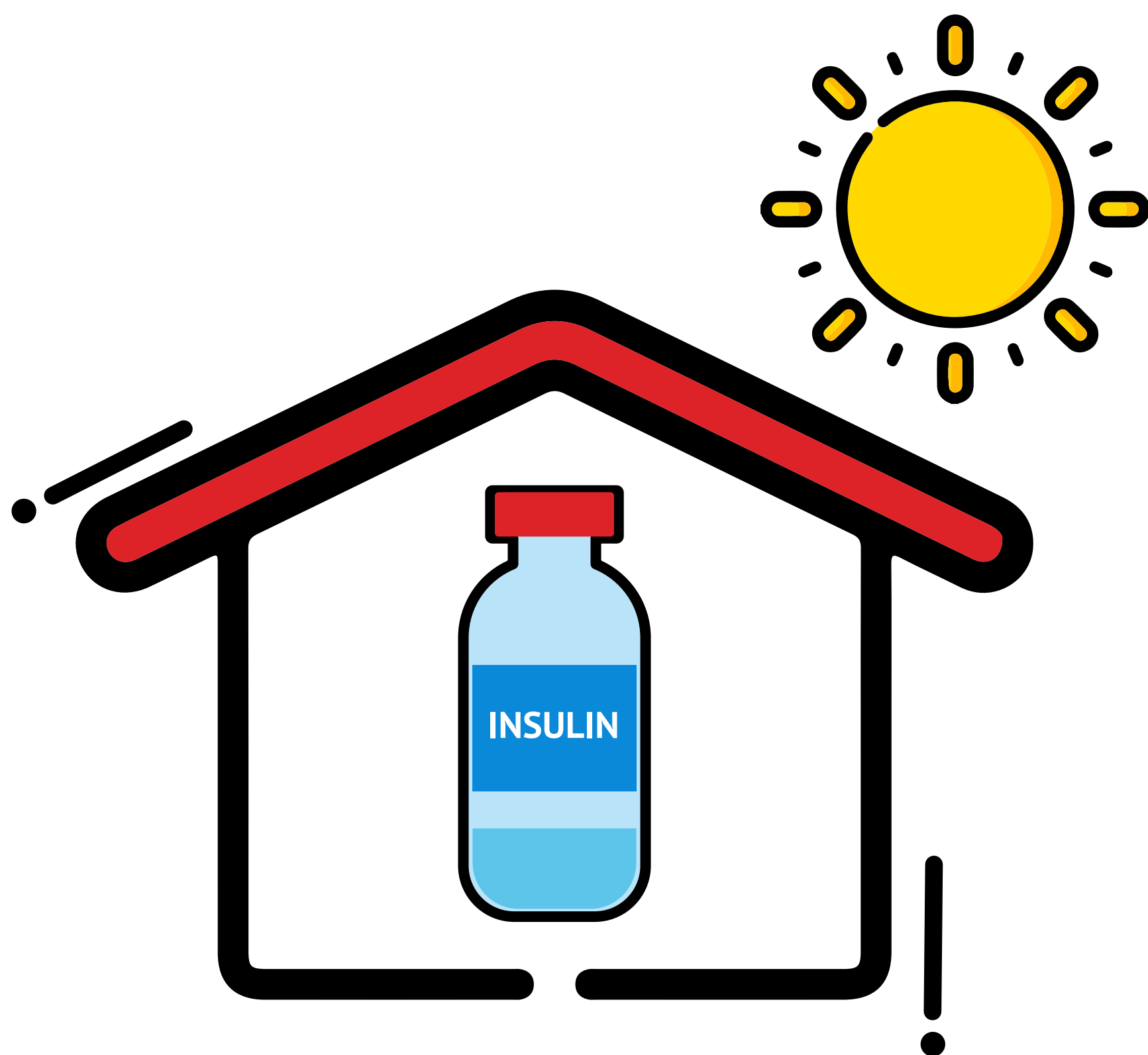
**ONCE THE VIAL/PEN IS
OPENED, STORE IT AT ROOM
TEMPERATURE (<30° C).**

Its shelf life will be around
4 weeks at room temperature.

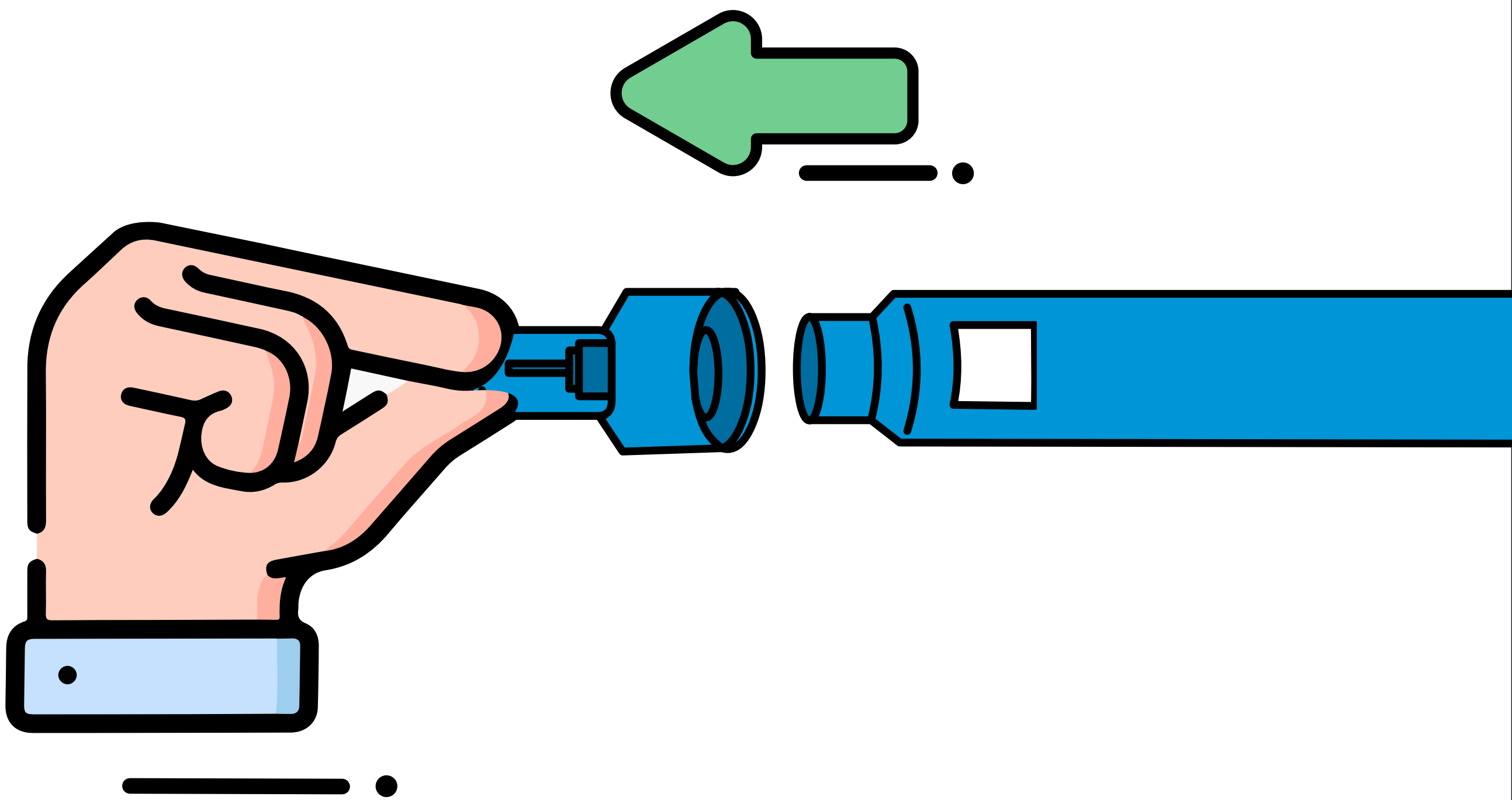


You can write the date to discard on the vial/pen

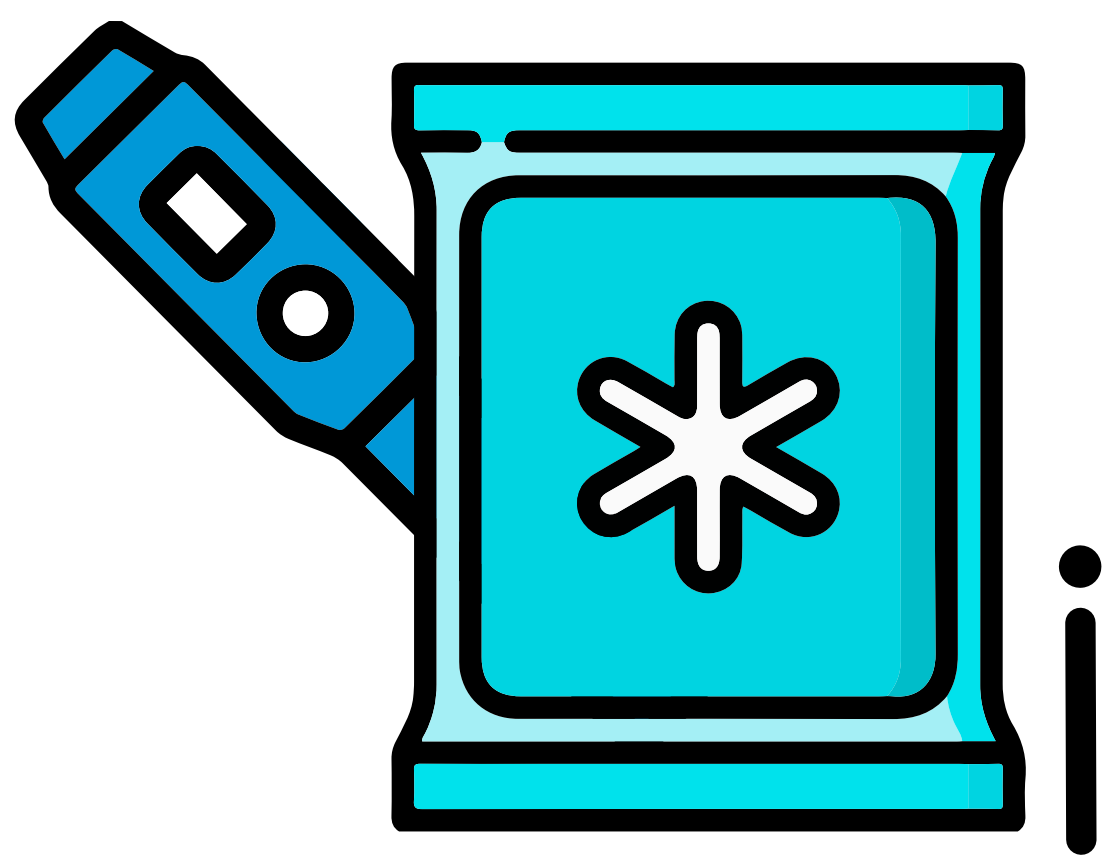
If a refrigerator is not available or electricity is erratic, **INSULIN SHOULD BE KEPT IN A COOL, AIRY, AND DARK PLACE** away from direct sunlight.



REMOVE THE NEEDLE from
the pen after every use to
prevent leaking of Insulin.



While travelling, **STORE THE INSULIN VIAL/PEN IN A POUCH WITH THE REFRIGERATED COOLANT GEL PACK** or cooled thermoflasks of ice if the ambient temperature is expected to be higher than 30°C.



During air travel, to avoid exposure to extreme temperatures, **DO NOT PLACE INSULIN IN THE CHECKED-IN BAGGAGE.**

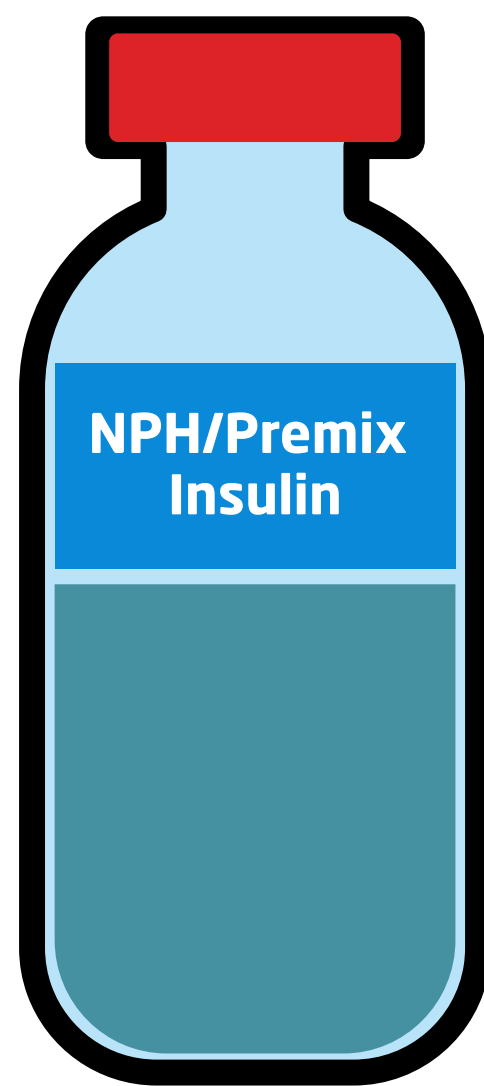


EXAMINE THE VIAL CLOSELY

to make sure the Insulin looks normal before you draw the Insulin into the syringe. If you find any particles, crystals, “frosting” or discolouration in the Insulin, discard it.

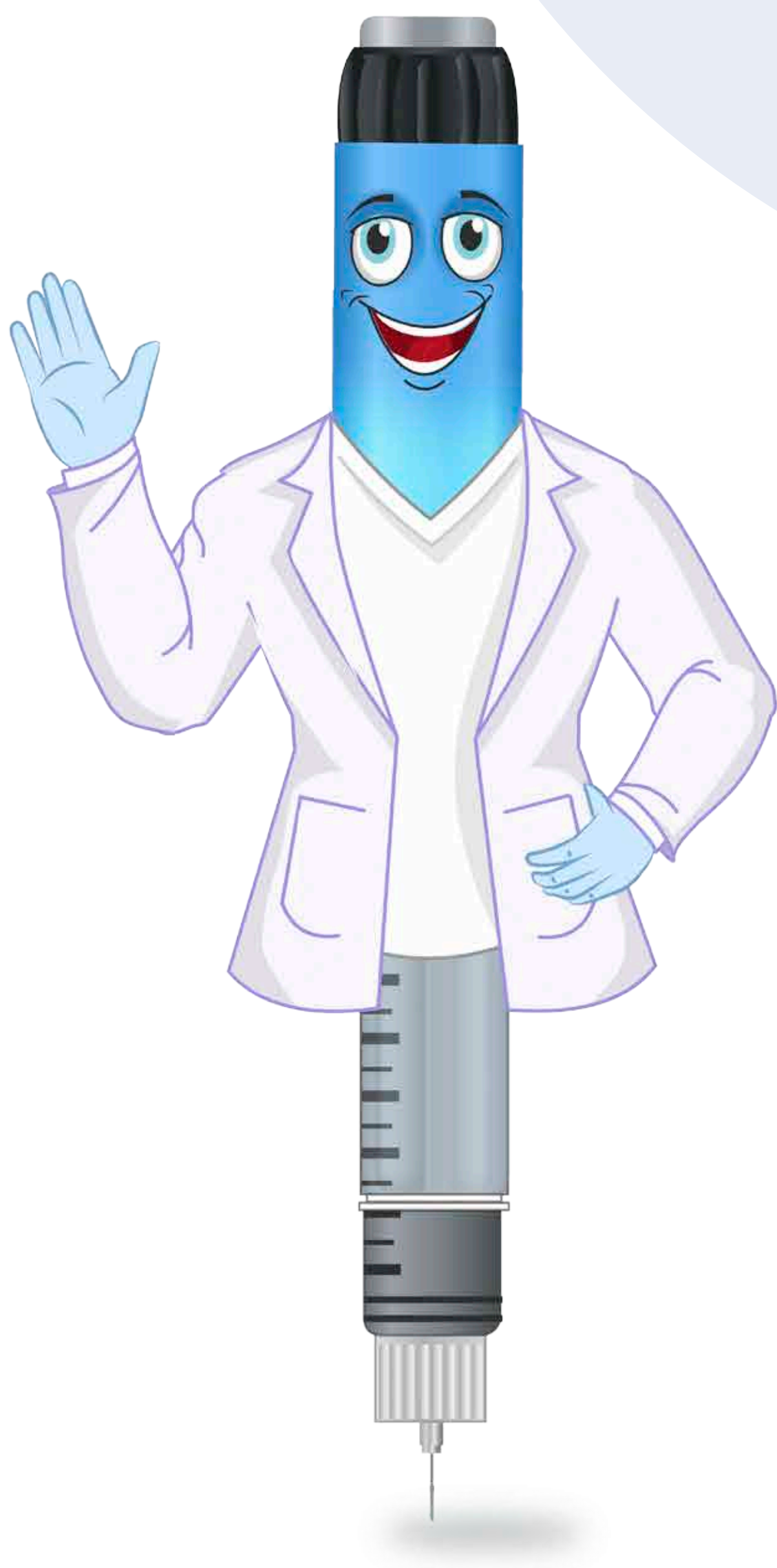


CHECK FOR:
Particles or
Discoloration



CHECK FOR:
Frosting or Crystals or for
clumps or small particles

NOTE: Regular Insulin/Glargine is clear and NPH/Premix Insulin is cloudy



“Remember,
**SAFELY STORING INSULIN
IS EXTREMELY IMPORTANT**
as extreme hot or cold
temperatures can cause the
Insulin to lose its potency
and can hamper its function.”

MyCARE

With me, every step of the way

Reference

- 1.** Insulin Storage and Syringe Safety | ADA. Diabetes.org. (2022). Retrieved 6 July 2022, from <https://www.diabetes.org/healthy-living/medication-treatments/Insulin-other-injectables/Insulin-storage-and-syringe-safety>.
- 2.** Chowdhury, S., & Chakraborty, P. P. (2017). Errors of Insulin therapy: Real-life experiences from developing world. Journal of family medicine and primary care, 6(4), 724-729. https://doi.org/10.4103/jfmprc.jfmprc_418_16
- 3.** Tandon N, Kalra S, Balhara YP, Baruah MP, Chadha M, Chandalia HB, et al. Forum for injection technique and therapy expert recommendations, India: The Indian recommendations for best practice in Insulin injection technique, 2017. Indian J Endocr Metab 2017;21:600-17.

Issued in Public Interest by

