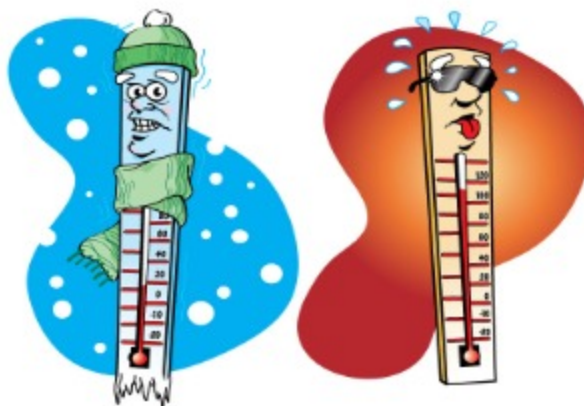


# STORAGE OF INSULIN

Insulin is easily broken down by extreme temperatures, so you need to be careful when it gets very hot in summer or very cold in winter



Opened and in-use cartridges and vials are fine to keep at room temperature (59 to 77 degrees Fahrenheit) for up to 28 days. The exception is Tresiba which may be kept for up to 8 weeks at room temperature

If you are going out in the sun, use an insulated bag protected by a cool pack to ensure your insulin doesn't heat up but avoid freezing it. During cold weather, keep your insulin supplies close to your skin so your body heat keeps them at a more even temperature.



All unopened vials and cartridges should be kept in the fridge, between 36-46 degrees Fahrenheit (2-8 degrees Celsius).



Discard any insulin that you think may have inadvertently got too hot or too cold. The expiration date on insulin applies to unopened, refrigerated insulin.

