

Storage of Insulin and Other Injectables

Insulin must be stored properly to work best at controlling blood sugar.

Unopened insulin bottles or pens:

- Best stored in the refrigerator until expiration date.
- Be careful not to freeze insulin.

Opened insulin bottles or pens:

- May be stored at room temperature (59 to 86 degrees) for 28 to 30 days.
- Keep away from heat and light.



Remember to:

- Rotate your injection sites and avoid areas that feel hard to tender, or look red.
- Eat regular meals four to five hours apart. Do not skip meals. If a meal is delayed, you may need a snack.
- Always carry a fast-acting sugar (glucose tabs or hard candy) and a wallet card with instructions on low blood sugar.
- Wear a medical alert bracelet or necklace, or carry an ID card that states you have diabetes.