

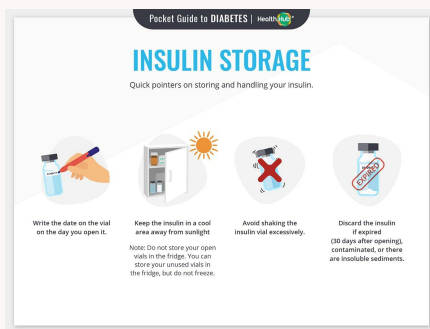
Introduction

Insulin is measured in units. Most bottles, cartridges, and pens of insulin sold in the United States have 100 units of insulin per milliliter of fluid and are labeled U-100. Different strengths, like U-500, also are available in the U.S. Different strengths are used in other countries.

It's important to know the type of insulin you take and whether it should appear cloudy or clear.

Source: <http://patientinfo.org.au/Resources/Guidelines%20for%20in-sulin%20storage%20and%20handling.pdf>

Insulin Storage



Storage

- Vials and cartridges of insulin not currently being used should be stored in the refrigerator (2 to 8 degrees) until their date of expiry away from freezing coils or freezer.
- Vials and cartridges which are in current use should be kept at room temperature and discarded after 4 weeks of opening. Cold insulin may sting and the action could be delayed
- Never use insulin which is out of date. Always check expiry date on the insulin vial or cartridge
- Avoid extremes of cold or heat. Temperatures can alter the effectiveness of the insulin
- Do not keep insulin vials or cartridges in the glove box of a car.
- Do not freeze your insulin.
- Do not expose insulin to strong light or heat

Handling

- Prior to use, cloudy insulin must be mixed well.
- If using a vial, gently roll the vial between the palms of the hands and /or moving the insulin up and down 20 times.
- If you draw up more than the required amount of insulin do not squirt excess insulin back into the vial as this may contaminate the vial.

Handling (cont)

- If using a pen invert the pen 20 times to mix the insulin well.

Here for detailed instructions: <https://www.healthhub.sg/a-z/diseases-and-conditions/676/pocket-guide-to-diabetes>

Do Not Use Vial or Cartridge

- If the expiry date on the vial or cartridge or prefilled pen has been reached.
- If the clear soluble insulin has turned cloudy (it must look clear)
- If the insulin is discoloured.
- If the insulin has been frozen or exposed to high temperatures.
- If the insulin contains lumps or flakes or sticks to the glass.

Travelling

Do Not Use Vial or Cartridge

- If the expiry date on the vial or cartridge or prefilled pen has been reached.
- If the clear soluble insulin has turned cloudy (it must look clear)
- If the insulin is discoloured.
- If the insulin has been frozen or exposed to high temperatures.
- If the insulin contains lumps or flakes or sticks to the glass.
- When travelling keep your insulin vials/cartridges in their cartons in as cool a place as possible. Keep these supplies in your hand luggage.
- Storage of insulin in an insulated container is advisable to protect the insulin from extremes of temperature.
- If travelling away from home or overseas for short periods try and take at least twice your calculated insulin requirements carried in your hand luggage.
- If travelling with a companion it is recommended to divide your insulin supplies in your hand luggage in case of lost or stolen hand luggage
- Always take a spare pen in case of damage or lost
- Always take a spare meter and extra strips supplies
- Take a Doctor's travel letter and a copy for customs
- Always be prepared and have a supply of hypo food with you
- If insulin adjustment is required contact your Diabetes Centre or GP for advice