

INSULIN STORAGE

Key Points:

- Insulin may be kept at room temperature for up to 1 month.
- Unused insulin should be kept in the fridge. The inside of the door is a good place to avoid accidental freezing.
- Keep insulin away from heat sources and direct sunlight.
- **DO NOT FREEZE INSULIN**- please do not leave it in your car during winter months.
- Do not use insulin after the expiry date on the package.

SHARPS DISPOSAL

Key Points:

- Do not throw sharps into the garbage.
- Keep in a sealed container away from children and pets.
- You can purchase a sharps container at your pharmacy or you can use a container with a lid such as an old jar or Tupperware.
- Bring the container with you to a clinic visit to dispose of the sharps or ask at your pharmacy- they may do it for you.

