Insulin Storage and Care

All insulin pens and bottles (*vials*) have expiration dates. Refrigerated, unopened insulin pens and vials are good until the expiration date. **Do not** use insulin after this date. Once insulin is opened, it should be thrown away at the appropriate time. The table below will help guide you.

INSULINS	VIALS	PENS
Humalog® (lispro) NovoLog®(aspart) Apidra®(glulisine)	28 days 28 days 28 days*	28 days 28 days 28 days*
Humulin® R (regular) Humulin® R (regular) U-500 Novolin® R (regular)	28 days 28 days 42 days*	28 days NA 28 days
Humulin® N (NPH) Novolin® N (NPH)	28 days 42 days*	14 days 14 days
Humulin® 70/30 Humulin® 50/50 Novolin® 70/30	28 days 28 days 42days*	10 days 10 days 10 days
Humalog® Mix 75/25 Humalog® 50/50 NovoLog® Mix 70/30	28 days 28 days 28 days	10 days 10 days 14 days
Lantus® (glargine) Levemir® (detemir)	28 days 42 days*	28 days 42 days*

CARING FOR YOUR INSULIN

- If insulin is kept at room temperature, it must be less than 86º F (30º C). Those marked * must be stored at less than 77º F (25º C).
- If insulin is kept in the refrigerator, it must be between 36-46º F (2.22-7.77º C).
- **Do not** freeze insulin.
- Keep insulin away from direct heat or sunlight.
- Throw away the insulin if it is discolored, thick or has clumps, or suspended white particles.
- Be sure to mix “cloudy” insulins by rolling gently. Pens can be “rocked” from end to end.
- Opened insulin pens should be kept at room temperature.
- Always have extra insulin on hand.

Every effort is made to assure accuracy. This information is meant to be used as a tool to guide you in the proper care and storage of insulin.

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