Storage/Handling Guidelines for Insulin

Novo Nordisk Diabetes Services



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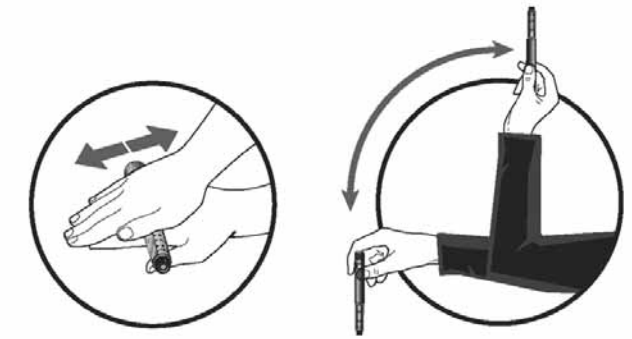
Storage

- Store your insulin in the refrigerator (2º- 8ºC), away from the freezer or freezing coils.

  You can keep the insulin you are using out of the refrigerator for up to one month if kept below 25°C. This avoids stinging when injecting cold insulin.
- Before storing your cloudy insulin in the refrigerator, gently shake the vial, cartridge or prefilled device to resuspend any settled insulin. Clear insulins do not need to be shaken before storage. Store the cartons on their side.
- Do not expose your insulin to excessive heat or sunlight.
- Do not freeze your insulin.

Handling

- Prior to use, your cloudy insulin vials should be resuspended by gently rolling the vial between the palms of the hands and/or moving the insulin up and down 10 times to make sure the insulin is well mixed. **Always refer to the instructions provided with the insulin and injection device.**
- If you draw up more than the required amount of insulin from a vial, do not squirt the excess insulin back into the vial, as this may contaminate the vial with syringe lubricant.



Travelling



- When travelling keep your insulin cartons in as cool a place as possible.
- Storage of insulin in a small insulated container is advisable to protect the insulin from extremes of temperature.
- Carry at least twice your calculated insulin requirements to allow for breakages etc during your trip.
- Do not keep insulin vials or cartridges in the glove box of a car, as the high temperatures, which may occur especially in summer, may damage insulin.
- Any supplies should be divided and transported in different pieces of hand luggage, so that if one piece of luggage is mislaid, supplies are still available.
- Remember that insulin should not be stored in luggage that will enter the hold of an aircraft as the insulin may freeze during the flight and its action may be altered.
- Contact Novo Nordisk Customer Care Centre (numbers listed overleaf) regarding the availability of your insulin overseas, since exact equivalents are not always available.

Do not use any vial or cartridge if:

- The clear soluble insulin has turned cloudy.
- The expiry date has been reached as shown on the vial, cartridge or prefilled device label and carton.
- The insulin has been frozen or exposed to high temperatures.
- Lumps or flakes are seen in the insulin.
- The insulin is discoloured.
- Deposits of insulin are seen on the inside of the vial which remains after initial shaking.

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Novo Nordisk Diabetes Services

Give yourself the choice.

Which Novo Nordisk device is right for you?



Novo Nordisk has a complete range of insulin delivery devices to suit your needs.

Ask your doctor which device is ***right for you.***

Putting a finishing touch to your insulin therapy



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