



INSULIN STORAGE AND EXPIRATION

Storage & Expiration of UNOPENED Insulin

Insulin is very sensitive to sunlight, indoor lights, and to extremely hot or cold temperature.

Insulin is not OK to use if exposed to very hot or cold weather. The three drug manufacturers of insulin in the United States say UNOPENED insulin is best stored inside the fridge [2° to 8°Celsius (36° to 46°Fahrenheit)]. UNOPENED insulin stored in the refrigerator is good until the expiration date printed on the insulin box.

Storage & Expiration of OPENED Insulin

Once open there are different storage needs for insulin. What does OPEN mean? This does NOT mean removed from the box. OPEN means the insulin cap is removed and the rubber stopper was punctured.

Vials and pens have different needs for storage. These differences can lead to confusion. Therefore, it is very important for you to become familiar with the recommendations for the insulin product that you use.

Vial

Once the vial is punctured, it is OPEN. Once you stick a needle in the vial, it is OPEN. OPEN vials can be stored in the fridge [2° to 8°Celsius (36° to 46°Fahrenheit)] or at CONTROLLED room temperature [less than 30°Celsius (86°Fahrenheit)]. Regardless of where it is stored, **OPEN insulin will only last 28 or 42 days, as indicated below, and then must be disposed:**

28 Days	Apidra Humalog, Humalog Mix 75/25, Humalog Mix 50/50	Humulin 70/30, Humulin N, Humulin R Lantus NovoLog, NovoLog Mix 70/30
42 Days	Levemir	Novolin N, Novolin R, Novolin 70/30

Pen

Once used for the first time, insulin pens should **not** be stored in the fridge. Instead, they should be stored at CONTROLLED room temperature – less than 30°Celsius (86°Fahrenheit). **Do not freeze or refrigerate.**

NOTE: Levemir FlexTouch, NovoLog FlexPen/FlexTouch, Humulin 70/30 KwikPen, Humulin N KwikPen must all be stored without a needle attached to prevent contamination and/or infection. Always use a new needle for each injection.

The number of days you can use the pen will depend on which pen you use.

10 Days	Humalog Mix 75/25 KwikPen, Humalog Mix 50/50 KwikPen, Humulin 70/30 KwikPen
14 Days	NovoLog Mix 70/30 FlexPen, Humulin N KwikPen
28 Days	Apidra SoloStar, Lantus SoloStar, Humalog KwikPen, NovoLog FlexPen/Flex Touch
42 Days	Levemir Flex Touch

Insulin kept in the fridge should be removed and allowed to reach room temperature before injection. Cold injections should be avoided.

These are Rockhill Pharmacy's recommendations only; you are encouraged to check the manufacturer requirements per the patient package insert. Contact a Rockhill Pharmacist with any questions or concerns.