

Storage and disposal of insulin

Insulin storage

Quick tips on storing and handling your insulin



1. **Write the date on the vial** on the day you open it



2. **For open vials or pens**, store them **at room temperature** and away from direct sunlight



3. **For unused vials or pens**, store them in the **fridge**, not the freezer



4. **Avoid shaking the insulin** vial excessively to prevent air bubbles forming



5. **Discard the insulin if expired** (30 days after opening), contaminated, or if there are insoluble particles

How to safely dispose of used syringes and insulin pen needles

Proper disposal protects cleaners from accidental injuries, and prevents your used syringes and insulin pen needles from falling into the wrong hands



1. **Place used syringes** and insulin pen needles in a **hard puncture-resistant container** with a **securable lid**



2. **Label the container** "Used syringes and insulin pen needles"



3. **Seal the container** when it is full



4. **Discard the container** down the rubbish chute or in a rubbish bin

To note: Discard all used syringes and insulin pen needles – do not reuse them. Containers that are suitable for safe disposal must be hard plastic, metal or a sharps container, such as an empty detergent bottle or metal tin