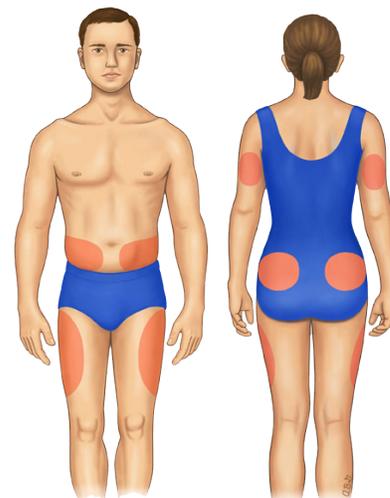


Insulin Tips:

- Develop a rotation plan for injection sites.
- Never use your insulin syringes more than once.
- Short acting insulins should be taken before eating a meal. Be sure to begin eating within 5 minutes of taking your insulin or low blood sugar may occur.



Insulin Injection Sites

Insulin Care:

- Refrigeration is best for storage of unopened insulin; however, once insulin is opened it can be kept at room temperature (less than 75°F) for up to a month. After a month, the strength and purity of insulin decreases.
- Opened insulin pens or bottles can be left out of the refrigerator for up to a month. After a month they should be thrown away as the insulin may lose its strength.
- Do not use insulin after the expiration date printed on the side of the bottle or after it has been open for one month.
- Do not freeze insulin. If it does accidentally get frozen, throw it away since freezing causes insulin to lose its strength.
- If your clear insulin becomes cloudy or yellow, do not use it. This means it is contaminated or lost its strength.

Safety:

- When traveling, take enough insulin with you for your trip. Keep your insulin and syringes or pen needles with you rather than leaving them in your luggage or car.
- Be mindful of where syringes and needles are stored. Especially if there are young children in your home.
- After the syringe is used, do not recap the needle. Put the used syringe or pen needle in a hard plastic bottle or can with a lid. When the container is full, put the lid on, tape it securely in place and throw the container away.

My Short Acting Insulin: _____ **How long does it work in my body?** _____

My Long Acting Insulin: _____ **How long does it work in my body?** _____

Other: _____ **How long does it work in my body?** _____