

Insulin Storage & Injection Guide

Basic safety points for people using insulin

Storage basics

- Follow the product label and local manufacturer instructions.
- Unopened insulin is generally refrigerated at 2-8 C and should not be frozen.
- Keep insulin away from direct heat and sunlight.
- In-use insulin may often be kept at room temperature for a limited period depending on the product; check the specific leaflet.

Injection safety

- Use the dose and device prescribed for you.
- Rotate injection sites to reduce lipohypertrophy.
- Do not share pens or needles.
- Use a new needle according to device guidance and dispose of sharps safely.

Never use insulin that has been frozen, overheated, expired or looks abnormal for that formulation. Ask a pharmacist/clinician if storage was uncertain.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.