

## Insulin Tips

- Store unopened insulin vials and pens in refrigerator (34°-64°) until expiration date.
- Most insulin will spoil if it gets above 86° or freezes below 34°. Do not use if frozen.
- When opening a fresh vial or pen, write the date you opened it on the pen/vial.
- If clumps are seen sticking to sides of any insulin bottle or insulin pen, discard it.
  - If a clear insulin (Humalog, Novolog, Apidra, Lantus, Levimir) looks cloudy, discard it.
  - NPH and insulin mixtures (70/30, 75/25) are supposed to be cloudy.
- Before each injection, wash your hands with soap and clean the injection site with alcohol. The top of the insulin vial or pen should be wiped with alcohol too. Insulin may be injected into the subcutaneous tissue (the “flab” under the skin, not the muscle) of the abdomen (recommended), the back of the arm, outside of the thigh, or the buttocks. Avoid injecting into scars and the 2 inch area around the belly button.
- Insulin pens are not to be shared.
- Do not reuse pen needles or insulin syringes



**What does Oklahoma State law say about throwing away lancets and syringes?**

OKLAHOMA STATE LAW (Syringe & Lancet Disposal - Title 252, Oklahoma Statute) says:

- Always keep your “sharps” container out of the reach of children.
- Never throw loose “sharps” (syringes, lancets) in the trash.
- Always put “sharps” in a resealable container such as a liquid detergent bottle.
- When the container is full, fill with Plaster of Paris or concrete, add water and shake. This will solidify or encapsulate the needles into a solid mass. This will reduce the possibility of re-use or having an innocent person get stuck with needles thrown in the trash.

Each county may have individual statutes regarding the disposal of “sharps” -  
Find out what is legal in your County by calling City Hall or the health department.