

1. Tips for Handling Insulin

Storing Insulin

Always check expiration date and storage history before use.

- Keep away from direct heat and sunlight
- Do not freeze
- Do not use if vial has been frozen or exposed to temperatures exceeding 86°F

Store insulin in a refrigerator until use. Once opened, store at room temperature.

Discard unused portion after the following amount of time:

All vials: 28 days except Levemir, which is 42 days

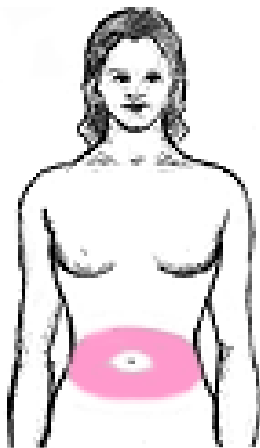
NovoLog Pens: 28 days

NovoLog 70/30 Mix Pens: 14 days

Levemir Pen: 42 days

Injecting Insulin

1. Insulin injections should always be given in subcutaneous fat at a 90-degree angle. For a resident with little body fat, inject at a 45-degree angle.
2. The best injection site is the abdomen (belly). Insulin is absorbed the more quickly in this area. Any fatty tissue on the abdomen can be used except within 2-inches of the navel. It is not necessary to pinch the tissue.



Pink area shows best injection sites

3. Rotate injection sites between the right and left side of the abdomen.
4. Watch the injection sites for any lumps or tissue changes, which can cause insulin to be absorbed unevenly.
5. If the resident has no abdominal fat, inject the insulin into the subcutaneous tissue of the upper arm or the lateral areas of the thigh and buttocks.