

## Storage of Insulin

Insulin can lose effectiveness when exposed to heat, bright light and very cold temperatures, this can cause the insulin to not work as you expect.

Often heat affected insulin will not look any different and can be the cause of having higher than normal blood glucose levels.

The recommended storage temperature is 2°- 8°C.

Stable at 30°C or below (once opened):
<b>Novo Nordisk insulin</b> - <i>NovoRapid, NovoMix 30, Levemir, Ryzodeg, Fiasp</i>
<b>Aventis insulin</b> - <i>Optisulin, Toujeo</i>
<b>Mylan insulin</b> - <i>Semglee</i>
<b>Lilly insulin</b> - <i>Humalog, Humalog Mix25, Humulin R, Humulin NPH</i>
Stable at 25° C or below (once opened):
<b>Novo Nordisk Insulin</b> - <i>Mixtard 30/70, Actrapid, Protophane</i>

<i>Bureau of Meteorology records show on average the days above 35°C</i>	
Location	Days above 35°C
Darwin	42
Alice Springs	91
Yulara	108
Borrooloola	130
Katherine	160

If you are living in hot conditions, your insulin should be stored in a fridge or a cool place; this includes the insulin you are using.

New insulins come on the market regularly, if your insulin isn't listed in the table check with your health professional, a pharmacist or the information leaflet in the insulin box.

Many places in Australia experience overnight temperatures of less than 2°C. **During winter months, Alice Springs averages 31 days below this temperature and Yulara 20 days.**

### Hints:

- Do not leave your insulin in the car
- When flying ensure insulin is stored in carry on luggage to prevent freezing
- When you suspect that your insulin has been temperature affected, throw it out and replace it with new insulin
- Do not use the insulin past the expiry date. **The insulin you are using should be thrown out after 28 days.**
- When in hot or very cold temperatures, protect your insulin with cool packs and insulated containers or Medactiv Insulin bags (available at Healthy Living NT)
- When storing insulin in a car fridge or in ice, ensure that it is protected in an insulated bag

**Contact a diabetes educator or pharmacist if you need further information on storing insulin.**

#### Darwin

Shop 1 & 2 Tiwi Place,  
Tiwi NT 0810  
PO Box 40113,  
Casuarina NT 0811  
Phone: 08 8927 8488  
Fax: 08 8927 8515  
E: info@healthylivingnt.org.au

#### Alice Springs

Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: alicesprings@  
healthylivingnt.org.au

www.healthylivingnt.org.au  
ABN 11 374 693 055

Healthy Living NT  
is the trading name of the  
Diabetes Association  
of the Northern Territory  
Incorporated.

Healthy Living NT  
is the registered NT  
licence holder for  
Life. Be in it.

