Insulin must be stored properly to work best at controlling blood sugar.

**Unopened insulin bottles or pens:**
- Best stored in the refrigerator until expiration date.
- Be careful not to freeze insulin.

**Opened insulin bottles or pens:**
- May be stored at room temperature (59 to 86 degrees) for 28 to 30 days.
- Keep away from heat and light.

**Remember to:**
- Rotate your injection sites and avoid areas that feel hard to tender, or look red.
- Eat regular meals four to five hours apart. Do not skip meals. If a meal is delayed, you may need a snack.
- Always carry a fast-acting sugar (glucose tabs or hard candy) and a wallet card with instructions on low blood sugar.
- Wear a medical alert bracelet or necklace, or carry an ID card that states you have diabetes.

For more information call Scripps Whittier Diabetes Institute: 1-877-944-8843 or 858-678-7050