



*The Medical **Bulletin***

In Diabetes

Never ignore education on Insulin Storage

Insulin being a protein is liable to get denatured

- Insulin due to its colloidal nature is highly prone to precipitation induced by changes in the environmental pH and temperatures. Most insulins remains potent and effective for up to a month after the vial/cartridge/pen has been opened (if kept in room temperature in between use)Once opened, most pens are kept at room temperature for up to 2-4 weeks, depending upon the manufacturer's instructions. Insulin should never be kept in the freezer or placed directly on ice. An insulated bag or a cooling pouch is ideal for transportation of insulin to avoid sudden temperature variations
- Transporting insulin immersed in water is equally discouraged, as it destroys the labels on the insulin vials
- Using a small clay pot or earthenware pitcher to reduce an exposure to external temperature variations with insulin vial cap is not submerged, and the labels with insulin name, date of opening, and date of expiry are preserved.
- Patients are advised by health workers to store insulin vials and pens by wrapping them in two to three layers of warm woolen cloths, made of sheep wool, in wooden or steel cupboard

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