

Does insulin need to be kept in the refrigerator?

What you should know about how to store insulin safely.

To get consistent results when using [insulin](#), follow the storage directions that come with it.

Refrigerator or room temperature?

Manufacturers usually recommend storing insulin in the refrigerator. But cold insulin can make the injection more painful. To avoid this, store the insulin you're using at room temperature. It will last about a month out of the refrigerator.

Store the insulin you aren't using in the fridge. Take out one bottle at a time and let it warm up so it's ready for your next dose.

How long will it last?

As long as bottles or pens are stored unopened in the refrigerator (at 36 to 46 degrees Fahrenheit), they are good until the expiration date on the container. Always check the expiration date, and don't use any expired insulin. Once you open the bottle or pen and begin to use it, Most insulins are good for about a month at room temperature (up to 86 degrees).

Moving an opened insulin bottle back and forth between refrigeration and room temperature shouldn't affect it as long as it's not kept out too long. Once you open an insulin pen and begin to use it, it should not go back in the fridge.

Tips for storing insulin

Each vial of insulin or box of insulin pens comes with instructions about how to properly store them. Be sure to read and follow these instructions. Protect insulin from direct sunlight and extreme temperatures. Don't keep insulin in a vehicle or on a windowsill where it can get too hot or cold. Insulin should not be exposed to extreme temperatures. If this happens, throw it away.

When traveling, keep insulin in your carry-on bag instead of in a suitcase that may be exposed to extreme temperatures when stored.