# How to manage your insulin stock at home

Did you know you don't have to order your insulin every month? Insulins are one of the most wasted medicines which are returned to pharmacies to be destroyed.

**So, what do you need to do?**

- ✓ **Check your stock of insulin before you order more. It's always best to have two of each insulin available (one in use and another as spare).**
  **The insulins will stay on your repeat prescription even if you do not reorder them. Any changes to your repeat prescription will be discussed with you, by your doctor, diabetes specialist nurse or practice pharmacist.**

- ✓ **If you have more than one insulin on your repeat prescription, it is common to have these insulins running low at different times due to the differences in how often you use them.**

- ✓ **Please tell your pharmacy that you have enough insulin to last you until your next order, if they order your prescription every month on your behalf. This is to save them reordering unnecessary insulins for you.**
  **If you use other methods of ordering your repeat prescription, for example, online, via the NHS app or a prescription ordering direct service, please check your stock at home before reordering more.**

- ✓ **Check your prescription bag before you leave the pharmacy and return any unwanted insulin, whilst still inside the pharmacy. Once insulin has left the pharmacy, it cannot be used for someone else. If you have your prescription delivered, check your prescription bag before the delivery driver leaves and hand any unwanted insulin back to them.**

- ✓ **Ensure that you go for regular reviews at your GP practice or the hospital regarding your diabetes treatment.**

- ✓ **Your doctor, specialist nurse or practice pharmacist may adjust your insulin quantities on prescription to suit your treatment. This can change over time and this should be reviewed regularly.**

- ✓ **This information also applies to any blood test strips, syringes, needles or lancets that you use.**

## Storing insulin

Insulin that you are currently using can be stored at room temperature for up to 28 days. If you exceed 28 days, you'll need to return it to the pharmacy for safe disposal as this insulin will have gone off. You will need to use a new supply.

Your spare insulin needs to be kept at temperatures lower than 25°C (77°F). The ideal storage temperature is 2°C to 6°C (36°F to 43°F). Room temperature can be below 25°C, but it can be higher if the heating is on or the weather is warm, so always keep your spare insulin in the fridge. Don't put it in the freezer compartment as it may damage the insulin. Please seek advice from your healthcare professional if you are unsure before you use the insulin. Some insulins may need to be stored slightly differently, so make sure you read the information leaflet that comes with yours.