



University of California
San Francisco

Diabetes Teaching Tips

1. **Syringes, lancets and needles** are considered **medical waste**, and, by law, must be **disposed of properly**. Please contact your **county's medical waste management** to dispose of your medical waste. Do not throw syringes, needles or lancets down the toilet or in the trash. Enclosed is a list of various counties' contact information.
2. Insulin syringe needles get dull after use. It is recommended that you **use needles/syringes once only**.
3. **Lancets** for sticking your finger should be **changed daily, or after each use** if you have skin infections or have been told that you are immunocompromised.
4. **Store spare vials** of insulin and insulin pens in the **refrigerator**. Store the **vials you are currently using at room temperature**. Be careful that the insulin doesn't get too hot or frozen because the insulin will lose its ability to control the blood glucose level.