



Storage of Diabetes Blood Glucose Test Strips

The Northern Territory's climate poses special challenges when it comes to proper storage of blood glucose testing strips. If stored incorrectly, and in extreme weather conditions, it can lead to false or inaccurate blood glucose readings.

Blood glucose testing strips can be adversely affected by:

- extreme heat such as in the car
- extreme cold such as in the fridge or,
- leaving the lid open which causes exposure to:
 - humidity for prolonged or frequent periods
 - light for prolonged or frequent periods

Hints for correct storage are as follows:

- Healthy Living NT (HLNT) recommends strips that come in bottles should be discarded at 3-4 months after opening
- Store strips in original bottle with the cap closed, do not swap bottles, same for foil strips that come in a box
- Store in a cool and dry room such as a bedroom, rather than kitchen or bathroom which has higher moisture
- Keep out of direct sunlight
- Do not use past the used by date on bottle/box
- Use strip immediately after removing from bottle/box
- Do not use strip if damaged, wet, bent or scratched

It is recommended to store between 4-30°C but refer to the leaflet enclosed with product for specific temperature storage instructions.

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Healthy Living NT
is the trading name of the
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