

Cleaning Instructions For Syringes, Atomizer, Mixing Jar

Supplies required:

-70% Isopropyl Alcohol.

-A clean small glass or BPA free plastic container just large enough to fit syringe(s) and mixing jar (if use). Clean container in dishwasher or in hot soapy water, rinse and dry.

-A clean paper towel to place equipment on to air dry.

Procedure:

1. Pull the plunger(s) out of syringe(s) and take mixing jar bottom out and unscrew the lid top. Rinse under cool running tap water and then place in container.

NOTE: use boiled cool water or bottled water to rinse if water source unsafe to drink.

2. Pour 70% Isopropyl Alcohol over items until covered. Soak for one hour.

3. With clean hands remove items from container and place on a clean paper towel and allow to air dry completely on a clean countertop.

4. If using atomizer, flush with alcohol filled syringe then air dry on a clean paper towel.

5. Once dried, store in a new 'snack size' plastic ziplock bag after every cleaning.

6. Discard syringe(s), atomizer or mixing jar for new ones every month.

Travelling Tips:

1. You may want to take extra syringes for single instillation use per treatment while away to reduce the quantity (such as the amount of bottled isopropyl alcohol) of necessary equipment to pack.

2. Pack extra supplies in event of malfunction, damage or loss (ie atomizer). Store paper towel sections in a clean ziplock plastic bag and or use Kleenex (travel packages) for equipment to air dry on. Bring 70% Isopropyl Alcohol swabs. They can be used as an alternative to cleanse your equipment if you have no access to a bottle of 70% Isopropyl Alcohol.

3. For those who must keep their medication refrigerated, there is the Frio Insulin Travel Wallet available online and at your local Canadian Diabetes Association store.

Thoroughly read the instructions. Bring a spare ziplock plastic bag so in the event you do not have access to a bowl/sink to submerge the wallet into cold water to activate you can put cold bottled water into the bag then submerge the wallet for the prescribed time. You will need to pack a small hand towel to dry off the wallet afterwards. Place the wallet in your carry on bag ensuring air is circulating around it to keep it activated or place in the outside mesh pouch of your backpack. DO NOT place in a plastic bag once wet and in use as this will deactivate the crystals in the panels and it will not keep the medication cool. The length of time it stays cool is dependent upon the air temperature/humidity. You need only reactivate it by submerging again in cold water for the set time per wallet size.

FYI, keep the receipt and claim on your Federal Income Tax under medical expenses. If you have EHB, check with your insurer to see if you can claim.

4. FYI, there is a dual voltage travelling kettle by Bonavista 0.5 liter that fits easily into a suitcase that can be purchased online and sometimes outdoor/hiking equipment stores carry them.