

# FRIO COLLECTION

Keeps your insulin cool and safe



Choose Your Style



Available on our website [www.friocanada.ca](http://www.friocanada.ca)

## TRAVEL & DIABETES

- Carry diabetes ID such as medic alert jewelry and a letter from your physician or diabetes care team stating that you have diabetes and the medication that you need to treat it if you are carrying insulin. Alternatively, ask your pharmacy for a copy of your prescription.
- Take twice the quantity of medical supplies you would normally use for your diabetes.
- It is advisable to buy travel insurance, as not all countries give the level of cover of your provincial health care plan and there will be costs involved with any treatment required abroad.
- Split your diabetes supplies into separate bags.
- Find out where you can get supplies of insulin at your destination, in case of emergency.
- Flights often cross time zones. If you treat your diabetes with medication or insulin, it's important you check with your diabetes care team. If you need to make any changes to your regime be mindful that a hot or cold climate may affect how your insulin and blood glucose monitor work.

For additional information or to order please refer to our website or call us on:

Tel: 1 (204) 647 1151  
[info@friocanada.ca](mailto:info@friocanada.ca)  
[www.friocanada.ca](http://www.friocanada.ca)

Disclaimer: This information is for guidance only and is correct at the time of publication, always check the instructions provided by the manufacturer of your insulin. Medication must be maintained at it's recommended safe temperature. Consult the manufacturer's storage instructions to ensure suitability for storage in a cooling device. If in doubt always seek medical advice. Copyright and patented by FRIO UK LTD.

Supporting JDRF - dedicated to type 1 diabetes research



# FRIO®

## LOOKING AFTER YOUR INSULIN

### FRIO KEEPS YOUR MEDICATION COOL AND SAFE

Receive **10% discount** using the coupon code **'diabetes10'** at the checkout \*



\* offer valid until 31.12.2020



## STORING INSULIN SAFELY

- The insulin that you are currently using can be kept at room temperature (under 25°C), which makes it more comfortable to inject.
- The best place to store most types of insulin that you are not currently using is in the fridge. Don't put it in – or too close to – the freezer compartment.
- Some insulins have slightly different storage needs, so always read the patient information leaflet that comes with yours.
- Keep spare vials or cartridges of insulin in their boxes in the fridge.
- Check the pack for the expiry date and don't use it if it has expired.
- Don't expose insulin to sunlight or high temperatures.


## FRIO COOLING WALLETS

 45 hours of insulin cooling, minimum

 Keeps insulin safe for up to 4 weeks

 Water only activation required

 Re-usable

 Ideal for everyday, perfect for holidays



**A FRIO Duo Wallet**  
2 pens; or, 1 pen and 2 cartridges

Inner dimensions:  
18cm (H) x 7cm (W) / 7" (H) x 2.75" (W)



**B FRIO Large Wallet**  
5 pens; or, mix of pens and cartridges

Inner dimensions:  
19.5cm (H) x 13cm (W) / 7.5" (H) x 5.25" (W)



**C FRIO Small Wallet**  
cartridges/vials only

Inner dimensions:  
16cm (H) x 13.5cm (W) / 6.25" (H) x 5.25" (W)



**D FRIO Extra Large Wallet**  
8 pens; or, mix of pens and cartridges

Inner dimensions:  
16.5cm (H) x 19.5cm (W) / 6.5" (H) x 7.75" (W)



**E FRIO Eye Drop Wallet (3 Bottle)**  
3 bottles

Inner dimensions:  
13cm (H) x 13cm (W) / 5" (H) x 5" (W)



**F FRIO Mini Sharps Bin (Pack of 3)**  
Holds 25 pen needles per bin

Dimensions:  
5.5cm (H) x 9cm (W) x 2.5cm (D)  
(suitable for all sizes of insulin pen needles)



DISCOVER OUR  
**LUXURY**  
RANGE

The FRIO® Lifestyle premium handcrafted range consists of five limited edition designs in two sizes: the 'two' which holds two standard insulin pens, or the 'five' which holds up to five standard insulin pens



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