

## **Frio Insulin Travel Wallet Instruction Leaflet – English**

### **WELCOME**

Thank you for purchasing a FRIO® insulin travel wallet. Please take a few minutes to read this leaflet carefully, so that you understand how to use your FRIO® wallet and how you can keep it working effectively over and over again.

### **FRÍO® TRAVEL WALLETS KEEP INSULIN COOL AND SAFE EVEN IN HOT CLIMATES**

The FRIO® travel wallet is an evaporative cooling unit purposely designed to keep insulin cool within safe temperatures of 18-26°C (64.4-78.8°F) for 45 hours minimum, even in a constant environmental temperature of 37.8°C (100°F). The wallet can be 're-activated'/'topped-up' to provide continuous safe storage conditions for subsequent periods of 45 hours minimum for up to 28 days (one month). **Note:** 28 days (one month) is the life of in-use insulin. The wallet is re-useable.

**Note:** insulin must be at the manufacturer's recommended temperature before being placed in the FRIO® wallet. Please check the manufacturer's information leaflet for your specific medication.

### **Contents**

Each FRÍO® travel wallet consists of two parts: 1) Cambrelle® outer cover; 2) Inner FRIO® wallet made of polycotton with panels containing crystals (non-toxic and non-flammable).

### **Instructions - Please Follow Carefully**

**Note: It is imperative that immersion is time is strictly monitored and adhered to so that the correct amount of water is absorbed.** Over-soaking renders the wallet unusable. Should this occur, the wallet must be allowed to dry naturally until it returns to usable size.

1. Immerse the inner wallet containing the crystals in cold water and soak for the relevant time for the size of the wallet.

<b>Mini</b>	<b>2-3 minutes</b>
<b>Extra Small</b>	<b>7-9 minutes</b>
<b>Individual/Duo/Pump</b>	<b>8-10 minutes</b>
<b>Small/Injector</b>	<b>12-14 minutes</b>
<b>Large</b>	<b>14-18 minutes</b>
<b>Extra Large</b>	<b>15-19 minutes</b>

2. Whilst soaking, gently manipulate the wallet to spread the crystals evenly throughout. The gel formed as a result of soaking should fill the panels but should not expand to the point where the panels become rigid. The activated wallet should remain pliable.

3. Leave the wallet to drain for 15-30 minutes to allow gel formed to absorb any excess moisture from the fabric (the panels will continue to expand slightly after

removing from the water). Gently towel dry using a paper towel. **Note:** Care should be taken when towel drying your FRIO® wallet after immersion in water as there may be slight colour loss from the fabric of brightly coloured wallets.

4. When semi-dry to the touch, place medication in the activated wallet and then place the wallet in the outer cover.

**For continuous safe storage** the FRIO® inner wallet should be re-immersed in water every 45 hours or sooner if the quantity of gel reduces and starts to return to its crystal form, i.e. crystals can be felt in the panels. When in continuous use, subsequent immersion periods will be shorter as the crystals will be continuously in gel form, i.e. 2-4 minutes will suffice (depending on the size of the wallet).

#### **DO NOT CARRY OR STORE IN AN AIRTIGHT OR WATERPROOF CONTAINER WHEN ACTIVATED**

**The FRIO® travel wallet is an evaporative cooling unit – it needs to breathe and to be in contact with air.** The Cambrelle® outer cover allows this to happen, enhancing the stability of the wallet's temperature. Carrying in hand luggage or in your pocket is satisfactory.

Insulin stored in FRIO® wallet can be transferred to a refrigerator when one is available. **DO NOT** place the FRIO® wallet in a refrigerator for risk of damage. **DO NOT** place the FRIO® wallet in a freezer as the fabric may become damaged due to moisture in the gel causing it to stick to the freezer shelving.

#### **Drying Out, Cleaning and Storage**

When not in use, remove the inner wallet from the outer cover and allow to completely dry out naturally until the gel returns to crystal form. To keep the crystals separate, give the wallet an occasional shake whilst drying out. **Note:** The drying out period can take 2-4 weeks depending on the environmental climate.

To accelerate the drying out period, various methods can be used:

- 1) Place wallet near a heat source such as a radiator or in an airing cupboard
- 2) Hang the wallet on a clothes line if the weather is suitable
- 3) Leave the wallet on a window sill in a sunny position; shaking at intervals will help.

**DO NOT PLACE THE FRIO® WALLET IN A TUMBLE DRYER!**

The outer cover of the wallet can be washed in warm water using a very mild detergent. The inner wallet can be spot cleaned by using a soft bristle brush (i.e. soft toothbrush or nail brush). Dip the brush into slightly soapy water and spot clean the wallet. You can then rinse the wallet under running water without damaging the crystals inside. Alternatively, you can use a non-bleach anti-bacterial cleaning spray or an anti-bacterial kitchen or baby wipe to clean your wallet.

**DO NOT PLACE THE FRIO® WALLET IN A WASHING MACHINE!**

Store your FRIO® wallet in a dry place until you next wish to use it.

These instructions are only a guide. Due to varying climatic and environmental conditions around the world, FRIO® wallets will respond differently according to location. If activated and used sensibly they will continue to respond to your needs over a long period of time. With age, the length of immersion time will increase but as

long as the crystals expand into a gel the wallet will function properly. When the crystals fail to expand the wallet will need to be replaced.