



Ask the Pharmacist:

Storing Medication

The pharmacist is the best source of information to help you get the most out of your medicine. Here are some tips for storing medication.

Storing medication properly is important to avoid the medication from losing their efficacy, and also to ensure longer shelf life.

STORAGE PLACE

- A good place to store your medication must be cool, dry and away from sunlight.
- Avoid storing medication in places that are exposed to high moisture and heat such as the bathroom and kitchen. This is because heat, moisture and sunlight can reduce the potency of the medication.
- Always check the label for storage instructions. Some medication may need to be refrigerated.
- Check your medication storage areas at least twice a year for expired medications.

LABELLING REMINDERS

- Keep each medication in a separate container. Mixing different medication in a same container can cause unwanted interactions. You might also take the wrong medication.
- Always keep medication in their original

containers. This helps to prevent incidents of wrong dosage and taking the wrong drug.

- If you do use a different container to keep your medication, do ensure that it is labelled properly.
- Always check the expiry date. You might want to highlight the expiry date on the label for easy checking.
- Discard medication that is expired.

CHILD-SAFETY TIPS

If you have children staying in your house, it is important to take preventive steps to avoid accidental poisonings.

- Always keep medication out of the reach of children. It is better to keep them locked at all times.
- Storing medication in containers with child-resistant caps is advisable.
- Do not tell your children that medication is 'candy'. **OH!**

This article is brought to you by
Tigas, Your Local Pharmacy.