

Storing Medications

Where and how you store your medications is important to make sure they stay at their prescribed strength, ensure they are taken by the right person, and keep everyone, including children and pets in your house, safe.

Follow this checklist to store medications properly.

Do: Store medications in a dark, dry place that is not too hot or too cold.

Do: Store medications in the refrigerator but only if your prescription says to do so.

Do: Store medications on different shelves or different locations in your home for each person that takes medications. This way everyone knows where their own specific medications are located, and no one will take the wrong medication by accident.

Do: Color code the bottles for each person taking medication in your house so there isn't any mix up. You can do this with special bottles or by putting a colored ribbon, hairband or tie around the bottle.

Do: Store medications with the lid tightly secured.

Do: Use child resistant caps and place medications up high where children can't reach them if you have kids in your home.

Do: Check the expiration dates on your medications. Safely discard any expired medications - do not take them or give them away. You can take expired medications to your doctor's office or pharmacist for safe disposal.

Do Not: Store medications in your bathroom where moisture can affect the strength of your medication.

Do Not: Store medications in a car where it can be too hot or too cold.

You may take medications for only a short time or you may take them for a lifetime. Pay careful attention to the way you store your medications. Follow this checklist to correctly store your medications to help you take them safely and effectively.