

Medicine Safety at Home

Applies to every medicine you take

Bring your medicines to every visit

Bring the actual strips and bottles, not a list — including anything you buy yourself, ayurvedic or homeopathic preparations, protein powders, and vitamin supplements. Many serious drug interactions come from things patients do not think of as "medicine". We cannot prescribe safely without knowing what you are already on.

Storing medicines

- Keep them in a **cool, dry, dark place** — not on top of the fridge, not in the bathroom, not in the kitchen near the stove. Heat and humidity destroy medicines.
- **Keep tablets in their original strip** until you take them. The strip carries the name, the batch and the expiry date.
- Only refrigerate what says so on the label — insulin, some injections and some eye drops. **Never freeze a medicine.**
- **Lock medicines away from children.** Iron tablets, paracetamol and pain patches are among the commonest serious child poisonings.

CHECK THE EXPIRY DATE EVERY TIME

Discard anything expired. Also discard tablets that have changed colour, become sticky or crumbly, or a syrup that has changed appearance or smell — even if it is in date. Once opened, most syrups should be used within the period on the label.

NEVER SHARE MEDICINES, AND NEVER TAKE SOMEONE ELSE'S

A tablet that suits your neighbour may harm you. This is especially true of painkillers, blood thinners, diabetes medicines and antibiotics.

Do not repeat an old prescription for a new problem without asking us.

Travelling

- Carry medicines in your **hand baggage**, in the original packing, with the prescription.
- Carry enough for a few extra days.
- Keep a photo of your prescription and a list of your medicines on your phone.

Search: medicine storage, expiry, sharing medicines, bring medicines to opd, safety

