



Healthy Bites Episode 31 – Home medicines storage

Hi, my name is Mickey, and I'm a pharmacist at Central Coast Health.

As we get older, the amount of medications we are prescribed is likely to increase, and how and where we store these medications is really important.

That's because sunlight, temperature changes and humidity can all affect how medicines work.

Many medicines recommend keeping the product:

- in the original packaging with labels and instructions intact
- in a cool, dry place where the temperature stays cool
- away from sunlight or water
- and in a childproof cupboard.

It's good to store medications you swallow in a separate place from external medications such as creams and eyedrops, and be aware of medicines that may need to be stored in the fridge.

So, if you are not sure about how best to store a medicine you can ask your pharmacist or check for information on the medicine's packaging or information leaflet.