

# There's a ~~right~~ way to store your **EVERYDAY MEDICINES**

The safe storage of medicines in the home, like pain relief medicine that might have been left lying around, is essential. Doing this right is as easy as a few DO's and DON'Ts. Let's treat it right...

## **DO**

- ✓ Do store medicine in its original container<sup>1</sup> – the label on the bottle provides important information about the medicine
- ✓ Do close and store away after each use – up high and away from easy reach of children, and pets or anyone who might misuse them<sup>1</sup>
- ✓ Do keep an updated list of all prescription medicine in your home and discuss medicine safety with teens and young adults

## **DON'T**

- ✗ Don't throw the packaging away – this contains storage information, and usage instructions<sup>1</sup>
- ✗ Don't use damaged medicine - that has changed colour, texture, or smell, even if it has not expired. Or, pills that stick together, are harder or softer than normal, or are cracked or chipped<sup>1</sup>
- ✗ Don't store in the bathroom or in the glove department of a car when travelling, as they may get warm and humid, spoiling the medicine<sup>1</sup>



If you have any questions or concerns in managing your or your family's health, always start with a conversation with your pharmacist or doctor. Visit [www.letstreatitright.com](http://www.letstreatitright.com) for more information. Always read the label.

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<sup>1</sup> Storing your medicines. MedlinePlus, U.S. National Library of Medicine. Reviewed January 2020. <https://medlineplus.gov/ency/patientinstructions/000534.htm> [Accessed 03 August 21]

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