

Medication Safety Tips

1. Carry a medication record with you in your purse or wallet. Particularly, take your medication record with you to doctor's appointments and to your pharmacy when you are picking up new medication(s). The list will remind you of all of the medications you are taking and help the doctor and pharmacist manage your drugs appropriately.
2. Store your medications as instructed by the pharmacist and keep them in their original containers. Place them in a safe place away from heat, moisture, or freezing temperatures, and away from where food is stored. The bathroom cabinet is not the best place for medications. Note - Storing medications in your car glove compartment may inactivate the medication action whereby it becomes ineffective. Safe places might be in a linen closet or dresser drawer. Be sure to store them out of sight and reach of children. You may want to lock your medications in a cupboard or a medicine safe, especially to avoid unintentional use or misuse by family or visitors to your home.
3. Keep all medications out of reach of children. Do not believe a safety cap will keep children from opening the medication bottle.
4. Dispose of medications that are expired or unwanted. Medications are considered expired if they are one year from the date the prescription is filled, unless otherwise noted. Do not discard medications where small children or pets can find them. Some medications, such as certain pain pills and fentanyl patches should be flushed down the toilet to avoid children's and pet's accidental exposure.
5. Do not share medications prescribed for you with anyone else or take someone else's medication.