

Storage of Medicines at Home

Are you keeping medicines safely at home?

Do you know that storing medicines correctly is just as important as taking them properly? As per WHO, medication errors are the leading cause of avoidable harm, adversely impacting patient safety. These errors can happen at home or in a hospital.

You can reduce errors at home by following these 6 steps:

1. **Retain the Label:** Store medicines as per instructions given on labels. When you remove pills, try to retain the date section on the backside of the strip along with any other vital information such as strength or compound. Retain the original packaging and containers so that the name is visible.
2. **Store medicines in a cool, dry place:** Most medicines should be stored at room temperature, away from direct sunlight, humidity, dust, and heat sources. Avoid storing medicines in the bathroom, as moisture and heat can degrade them. Some medicines do need refrigeration.
3. **Organize medicines:** Sort your medicines as per their purpose (eg. headaches, fevers, etc.). All medicines should be labeled and stored in different pouches for easy access and identification.
4. **Dispose of expired medicines:** Check your medicine box every three months to replenish any item that is missing. Keep track of expiry dates on available stock. Expired medicine can lose effectiveness and even be harmful. Dispose of such items, following proper disposal guidelines.
5. **Maintain a First-Aid kit:** Keep stock of over-the-counter medicines and first-aid items for emergencies and minor emergencies.
6. **Keep medicines out of reach of children:** Children are naturally curious and can easily mistake medicines for sweets. Keep them out of sight and reach of children.

To know more:

- [How to keep medicines safe at home](#)
- [Why do medicines have expiry dates? Can I use it beyond the expiry date?](#)
- [Suggested list of Medicines at home](#)

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