

BEVERLY HILLS MONTHLY

May 2015

Medication Storage and Disposal

- Ask your pharmacist if any of your prescriptions have the potential for abuse.
- Lock up medicine in a safe place such as a cabinet or drawer
- Keep medicine in a cool dry place that is out of reach of children and animals.
- Store medicine in its original container – the label on the bottle provides important information and the amber color protects the medicine from light exposure.
- Keep an updated list of all medications in your home. Take a yearly inventory and dispose of outdated medicine.
- Ask your pharmacist about how to properly dispose of unused or unwanted medicine. You can access disposal information online at www.fda.gov and search “Rx drug disposal”.
- Do not remove the cotton in the pill bottle when you first open it; the cotton can absorb moisture and affect the medicine inside.
- Keep your medicine separate from those of your spouse or other family members.
- Have good lighting where you store your medications and never take medicine in the dark.
- Don't store medicine in a bathroom medicine cabinet where humidity and temperature changes can cause damage.
- Don't share prescription medicine. A medication that works for one person may cause harm to someone else, even if symptoms are similar.
- Don't mix different medications in the same bottle; you may take the wrong one by mistake and it's also possible the medications may rub off on one another and change the efficacy.
- Many states have year round drug take back programs, utilizing on-site drug disposal boxes or mail-back programs and also medication take-back events that are held at different times through the year. These programs are often facilitated by police departments, municipal buildings and pharmacies. Call your local police department for drop off information.

