

# Safe Storage and Disposal of Medicines

## Storage

- All medication should be stored safely, out of the sight and reach of children or vulnerable adults
- Medicines that need to be stored at room temperature should be stored in a dry place. They should not be kept in very warm, cold or humid rooms such as the kitchen or bathroom
- Some medication is supplied in a special container to help protect it from moisture in the air or occasionally light, this is to keep the medication in good condition, therefore please do not remove medicines from the containers that they are supplied in
- Medicines that require refrigeration should generally be stored in a fridge between 1-8°C
- For further storage information ask your pharmacist or GP dispensary staff



## Disposal

Each year in the NHS, millions of pounds are wasted on medication that is not used correctly or not required but ordered by repeat prescription. To help reduce this waste, please:

- Order only the medication items that you are taking and need a fresh supply of
- All used medication needs to be safely disposed of. Any medication not required should be returned to your nearest community pharmacy or GP dispensary by you or a family member if possible. This also applies to any medication you may take when needed (eg painkillers)
- Please do not dispose of medication by burning, down the toilet, sink or in the household rubbish



**Please remember to keep all medication out of the reach of children and animals**