

CHRONIC MEDICATION

How to keep medicine safe at home



Moisture, heat, and direct light can damage your medicine and make it unsuitable for consumption or affect the efficacy of the products.



Medicine should be stored in a cool dry place such as a container in a closet or a kitchen cupboard away from the stove, sink or any hot appliances.



Do not store medicine in the bathroom. The heat and moisture from the bath or shower can damage the medicines.



Keep medicines in the original container as received from the pharmacy. Do not mix different tablets or capsules as the active ingredients can interact and cause damage.



Insulin should be stored in the door of the refrigerator. Never store insulin in the coldest part of the fridge, the insulin can freeze, degrade, and become less effective.



Always keep medicine out of reach and sight of children.



Unwanted, damaged, and expired medication should be disposed of via a pharmacy. Never dispose of it in municipal sewerage or waste systems.



PLATINUM HEALTH