

## ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues

# Your Medicine Cabinet

### Storing Your Medicines Safely

- ◆ Keep all medicines away from children (out of sight and reach).
- ◆ The cabinet in your bathroom is the worst place to keep your medicine — it gets too warm and damp.
- ◆ Keep your medicines in a cool place and away from heat and direct light (e.g., a box that can be locked or high on a shelf).
- ◆ Refrigerate medication only if it says to on the label.
- ◆ Keep your medicines in the original labeled container and keep the cap closed.
- ◆ Do not store medicine with food or household products.

### Your Medicine Cabinet

*Basic items you should have at home include:*

- ◆ prescription medications you are taking
- ◆ pain and fever relief (acetaminophen if you have children — do not give ASA or aspirin to children, unless prescribed by your doctor)

- ◆ common nonprescription medications you use

- ◆ thermometer
- ◆ medicine spoon or oral liquid syringe (household spoons are not accurate enough)
- ◆ first aid supplies (e.g., bandages, antiseptic for cleaning cuts and scrapes)
- ◆ ipecac syrup for poisoning: causes vomiting but should not be used in all cases of poisoning — call your local poison control centre before using
- ◆ sunscreen (15 SPF or higher).

### Medicine Cabinet Cleanup

**Every spring, clean out your medicine cabinet!**

Don't take old medicines — they may not work. They may also harm you.

*Go through all the medicines you have at home and remove the following:*

- ◆ prescription medications that are old or that you no longer take
- ◆ old or expired nonprescription medications, including cough/cold, pain, first aid, vitamin and herbal products

- ◆ medicines no longer in their original containers or with labels that you can't read
- ◆ medicines that have changed colour, smell or taste.

### Getting Rid of Your Medications Safely

- ◆ Take all the medicines you have cleaned out back to your pharmacy for safe disposal.
- ◆ If you don't know if a medicine is still good, ask your pharmacist.
- ◆ Don't throw medicine in the garbage — children or animals may get into it.
- ◆ Don't flush medicine down the toilet — it's not good for the environment.

***For more information,  
ASK YOUR PHARMACIST!***

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