

# Medicine Storage & Why It Matters

## TIP SHEET

### WHY PROPER STORAGE MATTERS

- Keep medications safe and working properly
- Prevent taking the medication incorrectly
- Stop medications from getting into the wrong hands

### HOW TO STORE YOUR MEDICATIONS

- Follow all specific instructions for each medication
- Keep in a cool, dry place (Do NOT store in the bathroom)
- Place away from light, heat, humidity, and air
- Store your medication in its original container
- Use childproof caps (unless non-safety caps are needed)
- Keep out of reach of children
- Do not allow others access to your medication
- Check expiration dates and dispose of expired medications properly

### RECOMMENDATIONS FOR STORAGE OF CONTROLLED SUBSTANCES\*

- The same as listed above AND
- Store in a locked cabinet, lockbox, or location with restricted access (out of sight)
- Keep track of how much medication you take and how much is left
- Do not share your medication

*\* A controlled substance is a medication regulated by law because of its medical use, potential for abuse and/or dependence, and safety issues.*

#### RESOURCES:

<https://www.nia.nih.gov/health/safe-use-medicines-older-adults>  
<https://www.cdc.gov/patientsafety/features/medication-storage.html>  
<https://www.cdc.gov/medicationsafety/protect/campaign.html>



This material was prepared by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. 12SOW AHSQIN-QIO T01 - NH T01 - CC--1677-03/14/22

[quality.allianthealth.org](http://quality.allianthealth.org)

