

How to store your medication during hot and cold weather

Information for patients

This leaflet provides advice on how to store your medication during hot and cold weather. If you have any concerns or questions, please speak to your local pharmacy.

Does weather affect my medication?

Hot and cold weather can physically change your medication and affect how well it works. This can be harmful to your health.

How do I store my medication?

Not all medications are stored in the same way, so check the instructions on the label or packaging as you may need to put your medication in the fridge or store it at room temperature.

Each time you receive new medication, make sure you use the medication with the oldest expiry date first. The expiry date can be found on the original box or packet.

How do I store 'ambient medication'?

'Ambient medication' is medication that needs to be stored at room temperature (15°C to 25°C).

'Ambient medication' should be stored:

- in its original packaging in a cool, dark place away from direct sunlight or sources of heat such as radiators, fires or ovens.
- out of reach and sight of children and preferably in a locked cupboard or drawer

'Ambient medication' should not be stored:

- near a window or on a windowsill
- in a bathroom cabinet
- in the car

What should I do if my medication looks different to usual?

If your medication is for example, runny, harder or softer than usual, or it is stuck together, it may have been affected by hot or cold weather.

If this is the case, please contact your local pharmacy as the pharmacist will be able to give you advice and support.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

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If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net