



KNOW YOUR MEDS



# KNOW About Storage and Expiry

## Most medication can be stored at ROOM TEMPERATURE

Store medication in a **cool dry place, away from heat and sunlight**

Keep medication safely **out of the reach of children**



Refrigerate medication only if stated on the label

KEEP AWAY FROM CHILDREN

**NOVOMIX 30 FlexPen (300 units/3 mL) (5 PCS)**

INJECT 10 UNITS BEFORE BREAKFAST AND 15 UNITS BEFORE DINNER.

Refrigerate unopened injection. Do not freeze. Discard 4 weeks after first use. Inject immediately before specified meals.

## Check the EXPIRY DATE and APPEARANCE of your medication BEFORE taking it

DO NOT take medication if



You are **unsure** of the medication **name and strength**



It has **expired** or **unknown expiry date**



It has **changed in appearance**

## MOST medication can be THROWN AWAY NORMALLY



Remove **personal information (name and NRIC)** on the medication labels **before throwing**



**Some** medication need to be thrown away specially by **pharmacy**

Examples

- Anti-cancer medication
- Antibiotics
- Controlled drugs



Bring these medication back to the pharmacy you collected from for disposal



A National Pharmacy Strategy initiative  
go.gov.sg/nps



In Collaboration with  
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH  
SINGAPORE