



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



Learn basic skills to manage medications

moh.gov.sg/knowyourmeds



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



In Collaboration with
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH
SINGAPORE