

## Keep medicine mighty with smart storage

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"Potency basically means how strong the medication is. When [the medication] is manufactured, they test it to make sure it is what it says on the bottle. Just like a household cleaner or food. If you say it's 5% something, then it gets diluted, it's no longer 5%. If you water down a cleaner, it's not going to clean as well. If you water down a medication, same thing." (:25)**

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"You may have a small bathroom, especially one that gets super steamy when you take a shower or bath. If there's an additional place where you can store medication, it might be preferable to one that's hot and humid." (:11)**

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"[Humidity] can actually get into some of those pills and start to break them down. Think about when we swallow something. It goes into your stomach. It's liquid in there. That's what helps to start the process of being absorbed into the body. If you add moisture or liquid to [the pill], it's going to start that [breakdown] too early. It loses that potency." (:17)**

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"Sometimes, people will lose pills in the cotton ball. Before you throw it away, make sure nothing is accidentally trapped inside it." (:06)**

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"They will be the best ones to guide you through that process. It might be fine. You might need a new prescription. Either way, they're going to be the experts." (:06)**

\*\*\*SOT\*\*\*

Brian Laird, PharmD  
OSF HealthCare pharmacy manager

**"Medication doesn't work if you don't take it. So, if you forget [to take it] because it's out of your routine, it's not going to be effective. It's better to have it in a place that's less than ideal, but you take it than the ideal storage location, but you never remember to take it." (:14)**