

**CARE HOMES - GOOD PRACTICE GUIDANCE
EXPIRY DATES FOR MEDICATION**

- Below are recommended expiry dates for medication. Always check the expiry date for each product as some specific products will vary from these dates.
- When you open a container, mark the date of opening on the label or container.
- If containers are unopened, follow manufacturer's expiry.
- Always store medication according to the manufacturer's instructions.
- Room temperatures where medicines are stored should be checked and logged to ensure medicines are not stored above room temperature (25^oC) for prolonged periods of time.

Medication		Recommended Expiry Date
Tablets/ capsules	Original pack of tablets	Manufacturers expiry date
	Loose tablets in a pharmacy bottle	Seek Community Pharmacy advice if not stated on label
	Monitored Dosage Systems / Blister packs	8 weeks from dispensing date
Liquids (internal)	Original bottles of liquid	6 months once opened unless manufacturer advises otherwise.
	Liquids decanted into pharmacy bottle	Seek Community Pharmacy advice if not stated on label
	Antibiotics	Usually 7 or 14 days once reconstituted. Check pharmacy label.
Topical preparations (creams /ointments)	Tubs	1 month once opened
	Pump dispensers	Manufacturer's expiry date
	Tubes	3 months once opened unless manufacturer advises otherwise.
	Liquids / lotions	6 months once opened unless manufacturer advises otherwise.
Drops	Eye / ear/ nose drops or ointments	1 month once opened unless manufacturer advises otherwise.
Insulin	Insulin	Store in the fridge when unopened. Once in use, keep at room temperature (25 ^o C) for 1 month.
Inhalers	Inhalers	Manufacturer's expiry date.

Manufacturer's expiry dates	What does it mean?
'Use by'	Use by the end of the month e.g. Use by January 2019 = use by 31 st Jan 2019
'Use before'	Use before the beginning of the month e.g. Use before January 2019 = use before 1 st Jan 2019
'Expiry date'	Expires at the end of the month e.g. Expiry date January 2019 = expires 31 st January 2019.