**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 (25oC) for prolonged periods of time.

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| **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 (25oC ) for 1 month. |
| **Inhalers** | Inhalers | Manufacturer’s expiry date. |

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| **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 31st Jan 2019 |
| ‘Use before’ | Use before the beginning of the month  e.g. Use before January 2019 = use before 1st Jan 2019 |
| ‘Expiry date’ | Expires at the end of the month  e.g. Expiry date January 2019 = expires 31st January 2019. |