

I've heard that medications shouldn't be stored in the bathroom. Why?

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Water in the bathroom creates moisture. Heat, air, light and steam can cause medicine to deteriorate and lose their effectiveness. For instance, aspirin can break down and irritate the stomach.

Store medicines in a cool, dry place. A drawer or cabinet away from a sink, stove or heater is best. When travelling, carry your medication on the plane and not in checked luggage. Don't keep medicine in your car. Keep medicine in its original container. Remove the cotton from bottle since this pulls moisture into the container.

Note that some medications require refrigeration. The drug package information or your pharmacist can tell you more about specific storage instructions.

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<http://beta.docker.realhealthmag.com/article/should-medications-drugs-be-stored-bathroom>