

# “When required” medicines



- Topical creams in tubes can normally be used for three months from first opening and six months for ointments
- “When required” tablets, capsules and inhalers should be stored correctly so that they can be used up to their stated expiry date
- Liquids for internal use can normally last 6 months from first opening-check bottle
- Your GP surgery / PCN will normally have a pharmacist or technician who can advise you.

Please do not destroy unopened medicines. Wasted medication has a huge carbon footprint.