

## Safe storage tips

- Keep in original packaging
- Use the measuring cup provided
- Keep in a locked container
- Keep out of reach of children
- Do not put down the toilet or sink
- Immediately clear up spilled medication
- Return leftovers to your local pharmacy



# Even a small amount of methadone can kill a child.

If you think your child has taken methadone or any other drug, **ALWAYS call 999 IMMEDIATELY.**

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## Keeping children safe

Methadone, alcohol and other drugs are extremely dangerous or even fatal to children. This leaflet tells you how you can keep children safe by keeping your drugs out of their reach. **Please read it carefully.**



Our goal is to help service users regain control, change the direction of their lives, grow as a person and live life to its full potential.

## Safe storage of your medication

From paracetamol to prescribed methadone, it's important to make sure the medicines you keep are stored correctly, are in date and are safe to take.

### Where should medications ideally be stored?

Your methadone and/or other medicines can look very inviting to a child. They must be stored safely.

A locked cupboard that cannot be reached is the most suitable place. If you have children, or children visit your home, it is essential that you have a safe storage box to keep your medicines in.

**Children do not have tolerance to methadone, so even small amounts can kill them.**

This is because methadone can make them:

- Stop breathing, vomit, or choke on their own saliva because they cannot swallow whilst unconscious.
- If you think a child has swallowed any amount of methadone, however small, you must ring 999 immediately.

### Never store your methadone:

- in low cupboards
- in shopping bags
- under the bed
- on window sills
- in the bathroom
- in a car glove-box
- or in the fridge (unless advised to do so)

## Taking your methadone or other medications

- Never leave your medications unattended even for a few minutes.
- Make sure you take the right dose.
- Keep your medicines in their original packaging.
- Use the measuring cup provided by your pharmacist.
- Avoid taking your medication in front of children.
- If you spill your liquid medication (e.g. methadone), clear it up immediately. Wash any cloths used or dispose of any paper towels properly.
- Never share your medication with other people as this could be dangerous.

### What should I do with left over medications?

- Unwanted medicines are an increased hazard to young children and should always be stored out of reach, and disposed of as soon as they are no longer required.
- Do not store left over controlled drugs at home. This is illegal.
- Return leftover medications to the local pharmacy. It is a free service and is available at every pharmacy.
- Never dispose of medicines down the toilet or sink. Medicines disposed of in this way can become a hazard to the environment and water supply.

Any empty bottles containing liquid medication e.g. methadone, should be rinsed out with water and have the lids replaced before placing them in the bin.

