

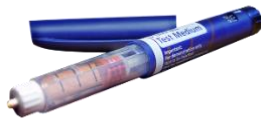
Medicines and Hot Weather

Most medicines are unlikely to be affected when they experience short periods of time over their recommended temperatures. For most medicines the recommended maximum temperature is 25°C or 30°C.



Care Homes and supported living placements

Care homes and supported living placements may want to take daily temperature readings if the room where medicines are stored feels warm.



Insulin

Insulin may degrade in hot weather so should be kept cool and out of the sun. The insulin in *current use* does not have to be stored in a fridge although you may want to if the room temperature is over 25°C. If administering insulin by injection, remove from the fridge 30 minutes before injecting. Injecting insulin straight from the fridge is painful.



Lithium

People who take lithium should drink plenty of fluids in hot weather as they will sweat more and be at risk of lithium toxicity. Signs of lithium toxicity are an emergency. Stop taking lithium straight away and get medical advice if you experience: stomachache, feeling sick, diarrhoea, blurred vision, feeling thirsty, feeling lightheaded or drowsy, confusion, blackouts, muscle weakness, twitching, tremor or difficulty speaking.