

Proper Medication Disposal

More than just throwing medicine into the trash



Discard Expired and Unused Medicines

Check the labels and contents of all your medications at least once a year. You should properly dispose of any drugs sitting unused in your medicine cabinet, especially if their color, smell or textures have changed.

Safety Precautions

When disposing of medication, take safety precautions to avoid harm to you or to others who may come into contact with it.

Proper disposal will protect you and others in your home from accidental exposure or inappropriate use of discarded medications; including pets, children, and anyone else who may find medications in your trash.



If there are no specific disposal instructions on the medication label or packaging, follow these simple steps to dispose of most medicines in the household trash



Mix

Mix medications (do not crush tablets or capsules) with an undesirable substance such as dirt, kitty litter, or used coffee grounds



Scratch Out

Scratch out all personal information on the prescription label of your empty medicine packaging to make it illegible



Seal

Place the mixture in a container such as a sealed plastic bag



Throw

Throw the container and medication packaging into your trash



May I Flush?

Check with your local pharmacy or health authorities for recommendations about whether medicines should be flushed or not.

Drug Take-Back Programs



Many communities have programs that encourage people to bring unused drugs to a central location for proper disposal. Contact your city or county government's household trash and recycling service to find out if a take-back program is available in your area.

The Drug Enforcement Administration sponsors National Prescription Drug Take-Back Days. Find an upcoming Drug Take-Back day and location near you.

Still Unsure?

You can always speak to your local waste management authorities or pharmacist for proper medication disposal instructions.

