



## Don't Flush Your Medicines Down the Toilet!

- A recent study shows that 80 percent of US streams contain small amounts of human medicines.
- Sewage systems cannot remove these medicines from water that is released into lakes, rivers or oceans.
- Fish and other aquatic animals have shown adverse effects from medicines in the water.
- And, even very small amounts of medicine have been found in drinking water.

### How to dispose medications at home

Follow these steps to protect your privacy and reduce unintended drug use, while saving the environment.



1

- Keep medicine in its original child-resistant container.
- Scratch or mark out the patient information on the label.



2

- Place some water into solid medications, such as pills or capsules.
- Then add something nontoxic and unpalatable such as sawdust, kitty litter, charcoal, Comet® or powdered spices (like, cayenne pepper).

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3

- Close and seal the container lids tightly with packing or duct tape.
- If discarding blister packs of unused medicines, wrap in multiple layers of duct tape.



4

- Place medicine containers in durable packaging that does not show what's inside (like, a cardboard box).



- Remember to keep medicines away from children and pets.

- Place in the trash close to garbage pickup time.

5



### Other ways to properly dispose of unused medicine

- **Pharmacy Take-Back Program:** Ask your pharmacist if the pharmacy will accept old medicines back from patients.
- **Household Hazardous Waste Collection:** Find the phone number of your local HHW collection site in the government section of your local white pages of the telephone directory.

### Help reduce drug waste

- If you're not sure if you can tolerate a new medicine, ask your doctor about a 10 day trial supply.
- Remember to always take all of your medications as directed.

