

What Should I Do With Old And Unused Medicines?



Flushing medicine down the sink or toilet may be bad for the environment. Throwing it away with the trash may cause less pollution, but there is a risk that other people or animals may get hold of it. Privacy may be a concern if containers have labels with names and other personal information.

Check the label to see if it tells you to flush the medicine. If it DOES NOT, then follow these steps to dispose of it:



Remove labels before discarding the medication or use a permanent marker to cover any personal information on labels.



If throwing away liquids, place the liquids in a plastic bag that can be sealed in case of leaks. Wrap glass bottles to prevent breakage.

Mix medications with things like used cat litter or coffee grounds so people will be less likely to take them.



Add a small amount of water to pills or capsules to at least partly dissolve them.



Keep medications in the containers they came in with child-resistant lids firmly in place.



Put the medication inside a plastic bag, & then in a package such as a box that doesn't show what's inside.



Put the medication in the trash as close to pick up time as possible – *do not place in recycling bins.*