

Additional Information on the  
**Safe Disposal  
of Medicine**

The FDA maintains a list of recommendations on this topic and lists the few medications that should be flushed when “take back” efforts are unavailable. You can also ask your healthcare provider, pharmacist or the drug manufacturer.

**Websites:**

Alliance to MedChi:

<http://www.medchi.org/alliance>

FDA:

[http://www.fda.gov/Drugs/  
ResourcesForYou/Consumers/  
BuyingUsingMedicineSafely/  
EnsuringSafeUseofMedicine/  
SafeDisposalofMedicines/  
ucm186187.htm](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm)

Office of National Drug Control Policy:

[http://www.whitehousedrugpolicy.gov/  
publications/pdf/prescrip\\_disposal.pdf](http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf)

Dispose My Meds:

[http://www.disposemy meds.org/  
index.php/pharmacy-locator](http://www.disposemy meds.org/index.php/pharmacy-locator)



# Safe Disposal of Medicine

**Do not Flush!**  
**Protect our Health  
and our  
Environment!**

A Public Awareness Effort by

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# Safe Disposal of Medicine



Prevent Drug Abuse  
Protect the Environment  
Prevent Identity Theft



- **Keep an inventory of all medicine**
- **Store all medicine in a secure place**
- **Dispose of unneeded or expired medicine at a “take back” site or by following FDA guidelines**
- **Take all medicine exactly as prescribed**
- **Talk to children about the dangers of prescription and over-the-counter drug abuse**



# Safe Disposal of Medicine

Our goals are:

- **Drug Abuse Prevention**
  - Among young children who might ingest pills found around the house.
  - Among teenagers and young adults who may look for prescription medication in their home to use, share with friends or sell.
- **Environmental Protection**
  - Do not flush. This puts the medication directly into our rivers and streams.
  - Sewage treatment plants do not filter out all the medicine.
  - There are already measurable amounts of medication in our waterways.
- **Identity Theft Prevention**
  - Properly remove labels from medicine containers prior to recycling.

## Do not Flush!

Use “Take Back” Programs such as:

- “Dispose My Meds” at pharmacies
- Sheriffs’ offices
- DEA events
- American Medicine Chest Challenge
- County Medicine Collection Days

The FDA recommends these steps **only when drug “take back” efforts are not immediately available.**

1. Place pills in a sealable container, such as a plastic bag.
2. Mix with coffee grounds, sawdust, kitty litter, etc.
3. Seal the bag and place in the trash.
4. Remove personal information from empty medicine containers before recycling.