

Safe Medication Disposal

Most households in America contain some amount of unused or unwanted medications. Historically society has passed down the idea of dumping old medications by flushing them down the toilet so that "no one could get poisoned by them." This is outdated advice, because at this point it is recognized that many medications have a negative impact on our water ways and drinking water. Water treatment plants and septic tanks are not designed to treat medication waste!

What to do:

1) The very best thing to do is to use one of many medicine take-back programs. This allows for organizations to safely dispose of medications properly with no cost to you. You can find these online at:

- a. <http://www.takebackyourmeds.org/what-you-can-do/locations>
- b. <http://www.disposemy meds.org/>
- c. http://www.deadiversion.usdoj.gov/drug_disposal/takeback/
- d. <http://www.takebackexpress.com/Articles.asp?ID=137>

Or simply call your local pharmacy or waste management facility and ask them for a local drop off center.

2) Remove the label. Open the container and dump the medications (without crushing them) into coffee grounds or cat litter in a sealed plastic bag and place it in your household trash. This allows for absorbance of the medications without them leaking into our water ways.