The DO’S and DON’TS of MEDICINE DISPOSAL

When was the last time you cleaned out the expired medicines in your medicine cabinet?

Dispose of your MEDICINES WHEN THEY ARE:
- damaged
- expired
- unused
- unwanted

The expiration dates on your medicines may be easy to overlook, but they are there for a reason. Once a medicine has reached its expiration date, it may not provide the treatment you and your family need.

How SHOULD YOU DISPOSE of them?

For all over-the-counter (OTC) medicines and many prescriptions, safe in-home disposal is easy.

Follow these steps to dispose of expired medicines in your household trash:

1. MIX
   Mix expired medicines with a substance like dirt, kitty litter, or used coffee grounds.
   (Don’t crush tablets or capsules).
2. SEAL
   Place the mixture in a container like a zip-top or sealed plastic bag.
3. DISPOSE
   Throw the container away in your household trash.

Do I have OTHER OPTIONS for DISPOSAL?

COMMUNITY TAKE-BACK DAYS
Check out DEA.gov to see if there is an approved medicine take-back program in your community. Take-back programs are also sponsored by police departments, municipal buildings, or pharmacies.

REMEMBER
There are a handful of medicines that should only be disposed of by flushing down the toilet or through a drug take-back program. FDA.gov provides a list of these medicines and specific disposal instructions.

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For more information, visit KnowYourOTCs.org/safe-disposal.