

The DO'S and DON'TS of MEDICINE DISPOSAL



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

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.

Dispose of your **MEDICINES** WHEN THEY ARE:



How SHOULD YOU DISPOSE of them?

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

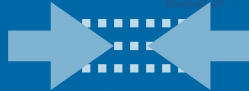
Follow these steps to dispose of expired medicines in your household trash:



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.

PRESCRIPTION TIP



When disposing of a prescription product, remove the label or scratch off all personal information on the label.

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