

**DON'T:** Flush expired or unwanted prescription or over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

**DO:** Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

### **1ST CHOICE : DRUG TAKE-BACK EVENTS**

To dispose of prescription and over-the-counter drugs, call your city or county household trash and recycling service and ask if a drug take-back program is available in your community. Some counties schedule household hazardous waste collection days, when prescription and over-the-counter drugs are accepted at a central location for proper disposal.

### **2ND CHOICE: HOUSEHOLD DISPOSAL STEPS**

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including the Rx number, on the empty container by covering it with permanent marker or duct tape, or by scratching it off.
5. The sealed container with the drug mixture and the empty drug containers can now be placed in the trash.

### **How proper disposal of medications protects you and the planet:**

- It prevents poisoning of children and pets.
- It deters misuse by teenagers and adults.
- It prevents health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work properly.
- It keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet.