



Dispose of Unused Prescription Drugs Safely!

Many of us have left-over doses from prescriptions that have already served their purpose. These drugs pose a risk to pets, children, and teens who may find them. How can we dispose of drugs safely?



As a general rule, flushing them down the toilet is **not** a safe option. There are simply too many left-over drugs. Water samples have shown evidence of their lingering presence in lakes, rivers, and ground water in certain areas. Although there have been no environmental disasters so far, it is important to preserve the water supply every way we can.

Simply throwing them out as they are, is not a good option either. Drug seekers may find them in the trash. Pets and children can find them in wastebaskets and accidentally overdose on them. Many of the pills we discard are colorful and some of them actually look like candy! Teens may salvage drugs even before they are tossed out. Currently, the fastest growing type of drug abuse among teens is the misuse of prescription drugs.



Here are some simple steps to take to dispose of unneeded or expired prescription drugs safely:

- Remove the drugs from their original containers
- Take the labels off the empty containers and then throw them out.
- Mix the drugs with something unappetizing, like used kitty litter or coffee grounds
- Put the mixture in an empty can or other plain container that you can seal and toss in the trash.

No one likes to think that someone in their family or visiting their home might be tempted by these drugs. No one likes to think that pets might find medications in wastebaskets. But these simple steps can remove both temptation and risk – after all, out of sight, out of mind!