



Smart Disposal of your Medications

Adapted from the Los Angeles Times

Be proactive and dispose of unused medications in house hold garbage cans instead of dumping them in to various sources of water. When discarding unused medicine, be sure to protect children and pets from potentially negative or harmful effects.

- Pour medications into a sealable plastic bag. If the medication is a pill or liquid capsule, crush it or add water to dissolve it.
- Add an unappealing substance to the plastic bag, such as kitty litter, sawdust or coffee grounds.
- Seal the plastic bag and throw it in the garbage.
- Be sure to remove and destroy all personal information on the prescription label from all medication containers before recycling or throwing them away.
- Check for approved state and local collection programs. Another option is to check for approved state and local collection alternatives such as community based household hazardous waste collection programs in certain states, you may be able to take your unused medications to your community pharmacy or other locations for disposal.
- If you have any questions, consult your pharmacist.

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