



WHEN WAS THE LAST TIME YOU CLEANED OUT YOUR MEDICINE CABINET?

By Helen Campbell

Did you know that proper disposal of medications:

- Prevents poisoning of children and pets
- Keeps controlled substances out of the supply chain. Opioid addiction often starts with prescription pain killers
- Avoids health problems by accidentally taking the wrong medication or one that is too old to work optimally
- Keeps medications out of municipal water supplies, rivers, and streams How do I correctly dispose of medications safely?

- 1st choice - Find a drug take-back event in your community.

⇒ Check the DEA for local drug take-back events at: <https://go.usa.gov/xX75V>

⇒ Take medications to a DEA registered collector in your area. [Search here for the nearest collector.](#)

⇒ Check with local pharmacies, skilled nursing facilities, or police departments.

⇒ Check with local landfills to see if they take medications on hazardous waste take-back days

- 2nd choice – Home trash disposal

⇒ Take medications out of original containers and deface or remove any identifying information from the label

⇒ Mix medications with coffee grounds or cat litter (any undesirable substance)

⇒ Place this mixture in a sealable bag

⇒ It is now safe to put both the mixture and the medication bottles in the trash