



# Safe Disposal of Medicine



A public awareness project by

Alliance to MedChi,  
The Maryland State Medical Society

# Safety



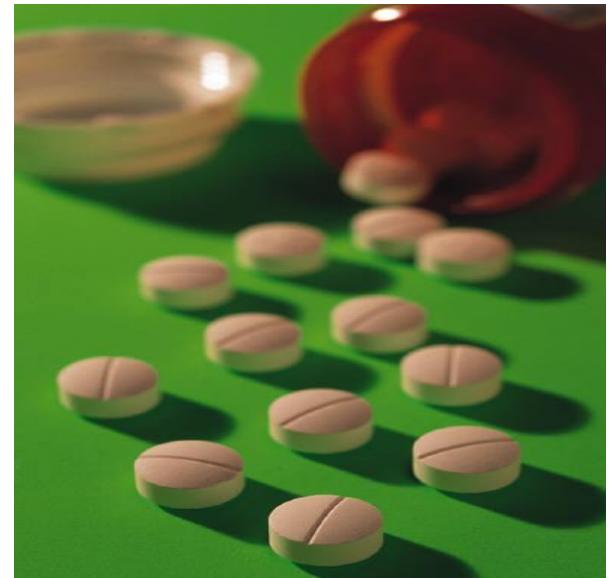
- Keep an inventory of all prescription and over-the-counter medicine.
- Store all medicine in a secure place.
- Dispose of unneeded or expired medicine at a “take back” site or by following FDA guidelines for Safe Disposal of Medicine in the trash.
- Take all medicine exactly as prescribed.
- Talk to children about the dangers of prescription and over-the-counter drug abuse.

# Goals

**Safe Disposal** of Medicine

# Drug Abuse Prevention

- Among young children who might ingest pills found around the house.
- Among teenagers and young adults who may look for prescription medication in their homes to use, share with friends or sell.



# Dangers

- Each year, 1 out of every 180 two-year-olds ends up in the emergency room due to a prescription drug overdose.
- Only marijuana tops prescription drugs when it comes to drug abuse.



- Success is achieved every time a child is prevented from obtaining and abusing one pill.
- Safe Disposal of Medicine helps to remove the opportunity for children to abuse drugs found in the home.



# Environmental Protection

- Generally, unneeded or expired medicine should not be flushed down the toilet or poured down the drain.
- This puts the medication directly into our rivers and streams, since sewage treatment plants do not filter out all the medicine.
- There are already measurable amounts of certain medications in our waterways.
- Safe disposal will help prevent these amounts from increasing.



# Identity Theft Prevention

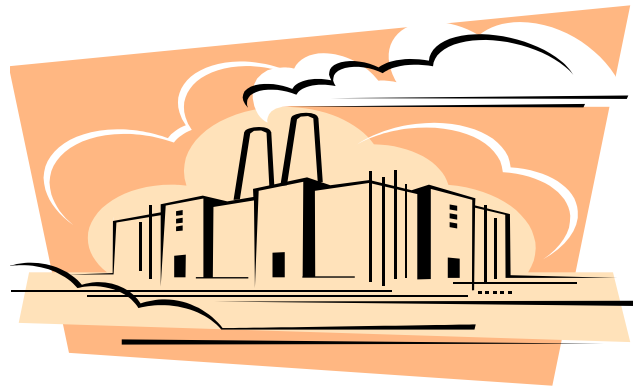


- Proper removal of labels from medicine containers prior to recycling will help prevent identity theft.



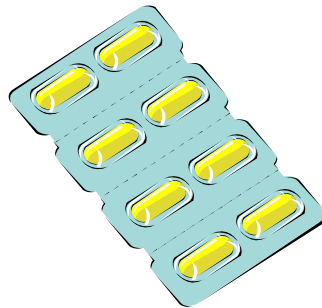
# Safe Disposal of Medicine

- “Take back” events and programs are the preferred method. Medication is turned over to a secure facility and then incinerated.
- If no “take back” venues are available, follow FDA guidelines for proper disposal in the trash.



# Periodic “Take Back” Programs

- Household Hazardous Waste Collection Days that include medication
- DEA Nationwide Collection Days
- The American Medicine Chest Challenge in November



# Ongoing “Take Back” Programs

- **Dispose My Meds** – specific pharmacies
- **Prescription Drug Repository Program** – specific pharmacies
- **7 County Sheriffs’ Offices** in Maryland have “take back” programs
- These programs “take back” medication throughout the year



# FDA Guidelines

- If no “take back” program is available, use the guidelines on the next slide to prepare medication for disposal in the trash.
- This does not include medication on the FDA list of controlled substances considered so dangerous that flushing is recommended if there is no “take back” program.

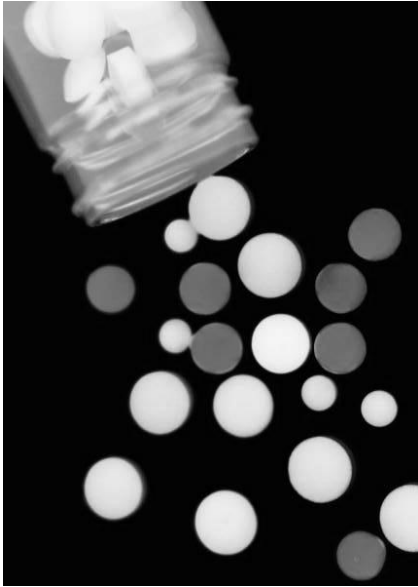




# Rx Safe Disposal

- 1) Place pills in a sealable container, such as a plastic bag.
- 2) Mix with coffee grounds, sawdust, kitty litter, etc.
- 3) Seal the bag and dispose of it in the trash.
- 4) Remove identifying information from empty medicine container.





# DISPOSAL BY FLUSHING

FDA Recommends only if no “take back” program

- Only the FDA “Flush List”
- 30 controlled substances
  - Need to discard right away
  - Reduces risk to children and pets
- Flush down the sink or toilet



# More Information

- To find missing drug labels for all marketed products:
  - DailyMed: <http://dailymed.nlm.nih.gov>
- FDA information
  - 1-888-INFO-FDA (1-888-463-6332)
  - <http://www.fda.gov>
- Office of National Drug Control Policy
  - <http://www.WhiteHouseDrugPolicy.gov>
- Dispose My Meds – for participating pharmacy
  - <http://www.disposemymeds.org/index.php/pharmacy-locator>
- Alliance to MedChi
  - 410-539-0872 x 3350, 3304
  - <http://www.medchialliance.org>
  - [alliance@medchi.org](mailto:alliance@medchi.org)



**Thank You**

Questions??