Did You Know?

♦ Prescription medication abuse is a serious public health issue

♦ Over half of heroin users admit to starting with opioids, which are prescription pain medications

♦ Most people admit to taking prescription medications from their relative’s or friend’s medicine cabinets

♦ The best option for disposal is to return unused opioids to a special medication disposal unit; most police stations, and some pharmacies, now have disposal or “take-back” units available. To find a disposal site near you, please visit: https://www.deadiversion.usdoj.gov/pubdispsearch

♦ Drug “take-back” events are held so that prescription and over-the-counter medications can be collected at a central location for proper disposal. Call your city or county government’s household trash and recycling service and ask if a drug take-back program is available in your community

♦ As a last resort, opioid medications should be flushed down the toilet for disposal. To find out more information, please consult the patient information leaflet, or look up the medication at: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm

MGH NAS COMMITTEE 11/2015
If no medication “take-back” program is available in your community, follow these simple steps to get rid of them in your household trash. Please NOTE: For safety reasons, some medications should be flushed down the toilet.*

1. Mix medication (do NOT crush tablets or capsules) with kitty litter, dirt or used coffee grounds

2. Place the mixture into a container that can be closed, such as an empty margarine tub, a coffee can or a sealable plastic bag

3. Before throwing out your empty pill bottle, remember to scratch out all personal information, such as name, date of birth and RX number

4. Throw the container in your household trash

* For more information on which medications are recommended for disposal by flushing, please visit http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm OR read the disposal instructions on the medication label or the accompanying patient information leaflet