

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>

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

