



U.S. National Library of Medicine
National Network of Libraries of Medicine

National Prescription Drug Take Back Day: Let's Build Healthy Communities Together

Handouts:

1. EPA How to Dispose of Medicines Properly
2. FDA Drug Disposal in Household Trash
3. FDA List of Medicines Recommended for Disposal by Flushing
4. NeedyMeds BeMedWise Prescription Medication Safe Use Tips
5. Survey

How to Dispose of Medicines Properly

DON'T: Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

DO: Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

1ST CHOICE: DRUG TAKE-BACK EVENTS

To dispose of prescription and over-the-counter drugs, 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. Some counties hold household hazardous waste collection days, where prescription and over-the-counter drugs are accepted at a central location for proper disposal.



Courtesy: Upper Watauga Riverkeeper
and Appalachian Voices

Drug Take-Back Event

2ND CHOICE: HOUSEHOLD DISPOSAL STEPS*



1. Take your prescription drugs out of their original containers.



2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.



3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.



4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.



5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

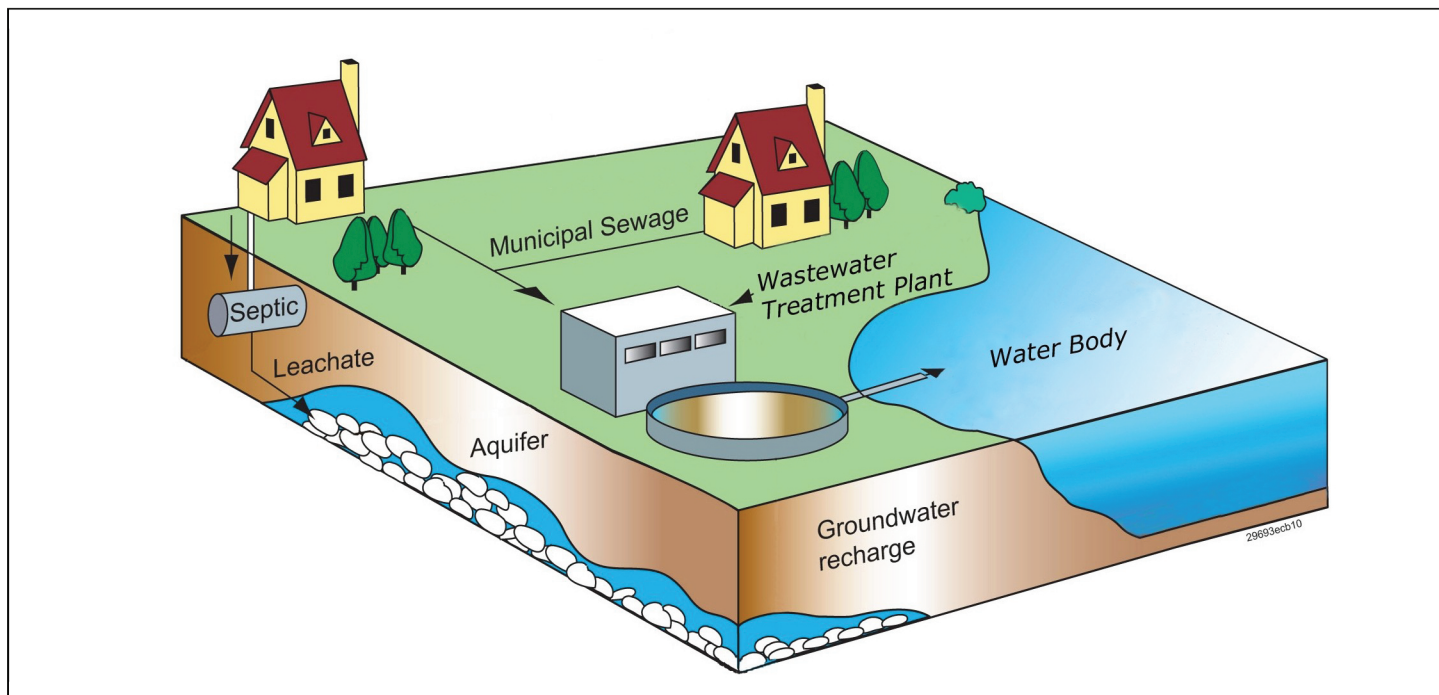
How Proper Disposal of Medicines Protects You and the Earth:

- Prevents poisoning of children and pets
- Deters misuse by teenagers and adults
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet

How Improper Disposal of Medicines May End Up in Our Drinking Water Sources

In homes that use septic tanks, prescription and over-the-counter drugs flushed down the toilet can leach into the ground and seep into ground water.

In cities and towns where residences are connected to wastewater treatment plants, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through the treatment system and enter rivers and lakes. They may flow downstream to serve as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines.



For more information, go to www.epa.gov/ppcp/
Or call the Safe Drinking Water Hotline at 800-426-4791



U.S. FOOD & DRUG
ADMINISTRATION

Follow these simple steps to dispose of medicines in the household trash*

MIX

Mix medicines (do not crush tablets or capsules) **with an unpalatable substance** such as dirt, kitty litter, or used coffee grounds;



PLACE

Place the mixture **in a container** such as a sealed plastic bag;



THROW

Throw the container **in your household trash**;



SCRATCH OUT

Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.



List of medicines recommended for disposal by flushing

This list from the U.S. Food and Drug Administration (FDA) tells you which medicines you should flush when they are no longer needed. Links in the list below direct you to medicine information for consumers that includes specific disposal instructions.

Active Ingredient	Found in Brand Names
Benzhydrocodone /Acetaminophen	Apadaz
Buprenorphine	Belbuca , Bunavail , Butrans , Suboxone , Subutex , Zubsolv
Fentanyl	Abstral , Actiq , Duragesic , Fentora , Onsolis
Diazepam	Diastat / Diastat AcuDial rectal gel
Hydrocodone	Anexsia, Hysingla ER , Lortab, Norco , Reprexain, Vicodin, Vicoprofen , Zohydro ER
Hydromorphone	Dilaudid , Exalgo
Meperidine	Demerol
Methadone	Dolophine , Methadose
Methylphenidate	Daytrana transdermal patch system
Morphine	Arymo ER , Embeda , Kadian , Morphabond ER , MS Contin , Avinza
Oxycodone	Combunox , Oxaydo (formerly Oxecta), OxyContin , Percocet , Percodan , Roxicet, Roxicodone , Roxybond , Targiniq ER , Xartemis XR , Xtampza ER
Oxymorphone	Opana , Opana ER
Tapentadol	Nucynta , Nucynta ER
Sodium Oxybate	Xyrem oral solution

FDA believes that the known risk of harm, including death, to humans from accidental exposure to the medicines listed above, especially potent opioid medicines, far outweighs any potential risk to humans or the environment from flushing these medicines. FDA will continue to conduct risk assessments as a part of our larger activities related to the safe use of medicines.

For disposal information, specific to another medication you are taking please [visit Drugs@FDA](#). Once there type in the medication name and click on search. Then click on the label section for that specific medication. Select the most recent label and search for the term “disposal.”

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Survey

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Thank you for your time to give us feedback. We value your input.

Please circle “yes” or “no” for the following questions.

1. You learned something new that is helpful.

Yes No

2. You feel more confident about what you just learned.

Yes No

3. You intend to apply what you just learned.

Yes No

4. You are more aware of applicable resources and services provided by the library.

Yes No

We would appreciate your comments for the following questions.

5. What did you like most about the program?

6. What could the library do to better assist you in learning more?