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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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How to Safely Dispose of Unused Prescription Medications

Get rid of unused or expired medicine **as soon as possible**. Avoid keeping meds “just in case.” Many accidental poisonings at home occur from leftover meds. Remove all personal health information from packaging before disposal.

Take-back options may be available at your local police station or pharmacy.

Ask your local pharmacy if they have a program to get rid of medicine you do not need anymore. Some pharmacies may carry products that deactivate meds before discarding (Deterra, DisposeRx, etc).



The best method for controlled substances disposal is to bring the medicine to a community Drug Take Back program. Visit DEATakeBack.com to find collection sites in your area. You can also find DEA Drop-Off Locations at the following website: <https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>

Throwing away medicine at home in your household trash:

Most meds can be thrown in the trash when no other disposal options are available. Remove the medicine from its container and mix with an unappealing substance, such as dirt, used coffee grounds or kitty litter. Put in a sealable bag or other container (this will prevent leaking or breaking out of the garbage bag) and place in the trash.

Be aware that certain meds, such as inhalers or chemo, may need to be disposed of differently. Check product labels for guidance or call waste management for state/local rules.



Needle Safety



Use sharps containers to dispose of needles, auto-injectors and syringes. If sharps containers aren't available, use a puncture-resistant, leakproof, thick plastic container (laundry bottle) only fill to a max of $\frac{3}{4}$ and duct tape around the lid to prevent leakage. Visit safeneedledisposal.org for individual state rules and locations of sharps disposal.

To flush or not to flush? Do not be in a rush to flush, review [FDA's "flush list"](#) for applicable meds. Do not flush medicine in the toilet or sink unless there are instructions telling you to do so. This is **ONLY if take-back options aren't available and local rules permit.** Learn more about the flush list and safe medicine disposal at <https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>

<https://pharmacist.therapeuticresearch.com/Content/Articles/PL/2025/Oct/Flush-the-Fuss-About-Proper-Med-Disposal>

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