MEDICATION DISPOSAL

The United States consumes more prescription opioids than any other country, and a huge percentage of the pills that were prescribed ultimately go unused. All those overstuffed medicine cabinets can pose real risks to families and communities.

BE SMART ABOUT STORING YOUR MEDICATION

Don’t hang on to old pills, just in case. Always promptly dispose of medication that’s not being actively used for a medical purpose. If you are currently taking potent medications like opioids or benzodiazepines (like Xanax), consider locking them up securely in a safe or a medication lock box.

DISPOSE OF UNUSED MEDICATIONS AT HOME

Most prescription drugs can be thrown away in the garbage. First be sure to remove the medication from its original containers, then mix it with something undesirable like coffee grounds, soil, or even cat litter. Put the mixture in a resealable bag or container, then discard. You can also purchase a medication dissolve substance such as Dispose Rx.

Some medication should be flushed down the toilet, but first, search the U.S. FDA Safe Medication Disposal list of drugs you can flush.

Drop off unused medications at a mailbox-style kiosk at a local pharmacy or police station.

Participate in a Take Back Day in your local community.