



Getting Rid of Old Medicine

Flushing medicine down the toilet may be bad for the environment. Throwing it in the trash may be safer, but there is a risk that someone may steal it from the trash to abuse or sell to others. Medicine bottles may also have information on the label that you would like to keep private.

To get rid of extra or expired medicine safely:

- Keep medicine in the **original child-safe containers**.
- Remove labels** or use a marker to cover personal information.
- Place **liquids in a plastic bag** that can be sealed. Wrap glass bottles up to prevent them from breaking.
- Mix medicine with water, cat litter or coffee grounds** so others will be less likely to take it.
- Put the medicine **inside a box or bag** that hides what's inside.
- Put the medicine out **right before trash pick-up** in the regular household garbage.
- Some pharmacies have **“take-back” programs** for old medicine. Ask your pharmacist whether your pharmacy offers this service.