Now’s the Time: Clean Out Your Medicine Cabinet

Do you know what to do with medicines after they expire?

1. Check with Local and State Programs
   » Check with your local police department—most sponsor prescription drug collection programs.
   » Many communities hold "Clean Out Your Medicine Cabinet" events.
   » Visit www.useonlyasdirected.org to find other local disposal programs.

2. Do Not Flush or Pour Medicines Down the Drain
   Getting rid of medicines the wrong way can hurt the environment, our families, and our communities. Never flush medicine down the toilet or dump them down the drain.

3. Use the trash
   If there are no disposal programs in your area:
   » Take medicine out of its original container.
   » Crush unused drugs, and mix them with an undesirable substance, such as coffee grounds, table scraps, kitty litter, or dirt.
   » Put mixture in a sealable container and place it in the trashcan on trash pick-up day.

Why Should You Bother?
» Getting rid of medicine the right way helps prevent drug abuse, poisoning, and pollution.

» Drugs taken from your home or the trash can be used or sold—often by a family member, friend, or someone you know.
» Children and pets may mistake medicine for food or treats.
» Drugs cannot always be removed by sewage treatment. So they may enter our water system and soil. That’s bad news for the environment and our communities.

Some Other Important Points
» Remove or conceal all personal information on medicine bottles before throwing them away or recycling.
» Store medicines out of reach of others, including children, family, or pets. Secure them under lock and key if possible.
» Take medicines only as directed.
» Do not share medicines with anyone. It is dangerous, and it’s a felony.

For additional information about proper use, storage and disposal of prescription medications, please visit:
www.useonlyasdirected.org