Getting rid of old medicine the right way helps protect you, those around you and the environment.

+ **WHY SHOULD YOU THROW OUT OLD, UNUSED, AND EXPIRED MEDICATIONS?**

- Getting rid of unused medications helps make sure you don’t take the wrong medicine.
- Children and pets love to explore. They may mistake medications for food or treats.
- If you’re not using them, someone else might. This is dangerous.
- Medications can be bad for the earth. Getting rid of medications the right way helps keep everyone safe.

+ **HOW CAN YOU THROW OUT OLD, UNUSED, AND EXPIRED MEDICATIONS?**

**Drop-off disposal bins**
- Using a disposal bin is easy. Simply bring in your medications, open the drawer, and drop them in.
- Bins are all over Utah, including 10 of the University of Utah Health pharmacies.
- To find a drop box close to you, visit [useonlyasdirected.org](http://useonlyasdirected.org)

**Flush or pour, only if safe**
- Flushing or pouring medications down the drain can contaminate our water supply.
- Do not flush or pour old medicines down the drain unless you know it is safe.
- See list of flushable medications here: [https://goo.gl/eNBCXg](https://goo.gl/eNBCXg)

**Using the trash**
If you can’t use a drop-off disposal bin, throw away unused medications by following these easy steps:

1. Remove medications from their containers.
2. Crush any tablets or capsules.
3. Mix with something like coffee grounds, kitty litter, or dirt.
4. Place the mixture into a sealed container, like a used milk carton.
5. Throw the container away on trash day.
6. Throw away or recycle the original medication container after removing any personal information, like your name on the label.

**WHERE CAN YOU LEARN MORE?**
Pharmacy staff at University of Utah Health are happy to help answer your questions. Call us at 801.581.2276.
Visit [useonlyasdirected.org](http://useonlyasdirected.org) for additional drug safety tips.