## Safe Disposal of Discontinued, Expired or Unused Medication

- Follow any specific disposal instructions on the prescription drug labeling.
- Do not flush medication down the sink or toilet unless instructed to do so by a medical professional.
- Take advantage of community programs that will dispose the drugs for you. Call your local garbage or recycling service for help.
- Call your doctor or pharmacist for help in finding a way to safely dispose of your medication.
- If no disposal instructions are given on the drug labeling and no take-back program is available, discard medication in household trash. Simply remove drugs from original container, mix with an undesirable substance, such as used coffee grounds, and place in a sealable bag or container.
- Scratch out identifying information on the prescription label to protect your identity and the privacy of your personal health information.

## Safe Disposal of Needles, Syringes and Lancets (Sharps*)

- Take filled sharps containers to appropriate collection sites in the community to prevent sharps from entering the household waste stream.
- Products are available and designed to clip, melt or burn the needle allowing the sharps user to throw the syringe or plunger in the garbage.
- Place used sharps in a special container and mail to a collection site for proper disposal.
- Many manufacturers offer nationwide or limited sharps disposal programs free-of-charge.

## Traveling with Sharps*

- Carry a copy of your prescriptions in your carry-on, purse or wallet.
- Keep your medications with you at all times. Medications should not be packed in a checked bag.
- If you are taking injectable medications, do not remove syringes or medication from the original packaging in order to help airport security identify supplies.
- If you are traveling to a foreign country, check for guidelines or instructions regarding disposal of sharps*.
- Know the temperature controls required for your medication. You may need to carry a small cooler with ice pack to transport your medication if it is normally stored in the refrigerator.

* Always consult with your local or community guidelines to ensure proper disposal of sharps.

### Helpful Links

- Coalition for Safe Community Needle Disposal
- Transportation Security Administration
- U.S. Food & Drug - How to Dispose of Unused Medicines

© 2021 Elixir - All Rights Reserved.