

# Medication Disposal

It is important that you do not take medications after the expiration date listed on the label. Once a medication has expired, there is no guarantee that the medication will be safe to consume or that the medication will be effective. Taking expired medications can lead to serious illness or antibiotic resistance.

Most medication can be disposed of in the household trash after being mixed in an unpalatable substance, such as dirt, kitty litter, or coffee grounds and then placed in a plastic sealed bag. However, certain medications should only be flushed down the toilet because they can be harmful if accidentally consumed by children, pets or another person. When throwing out medication bottles, be sure to scratch out all personal information. If you are unsure how to dispose of your medications, please discuss with your doctor or pharmacist.

Please click on the link below provided by the FDA which recommends the best options for disposal of unused medication, including how to take part in a community-based drug “take back” program in your area.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>