

Safe Disposal of Medication

Please follow these guidelines for safe disposal of medication. Dispose of expired or unused medications in a timely matter to reduce the risk of misuse or abuse of the medication. The best way is to bring or mail the medication to an organization that can take-back the medication and dispose of it properly.

DO NOT Flush Medication

Flushing medication down the drain (sink, toilet, storm sewer, etc.) can contaminate water supplies and pose risks to wildlife. Instead, please consider the following disposal methods.

DO SAFELY DISPOSE of Medication

1. Take unused or expired medication to a proper disposal site. Here are some options:

- **Local Pharmacies:** Many offer medication disposal options. Check with your pharmacist.
- **Sheriff's Offices:** Many have drop-boxes where you can dispose of medication.
- **Community Events:** Look for scheduled take-back events organized by local health departments, private businesses, or community groups.
- **Find a disposal location near you:** Visit <https://medtakebacknewyork.org/> or call (844) 4-TAKE-BACK or (844) 482-5322 to find medication drop-off locations.

2. Mail back your medication: You can order free, postage-paid mailers from <https://safemedicinedrop.com/mail-back-request-new-york-ext/> or call [1-844-482-5322](tel:18444825322) for assistance

3. Household Trash Disposal: If you cannot access one of these take-back options, you can dispose of medication in the household trash by following these steps.

1. **Remove Personal Information:** Remove or scratch out any personal information on prescription labels before disposal.
2. **Mix:** Combine the medication with an undesirable substance (like coffee grounds or cat litter).
3. **Seal:** Place the mixture in a sealed plastic bag or container.
4. **Throw Away:** Dispose of the bag/container in your household trash.

WHERE TO FIND MORE INFORMATION on safe medication disposal:

University of Rochester Institute for Human Health and the Environment – [Safe Medication Disposal Instructions](https://www.urmc.rochester.edu/institute-for-human-health-and-the-environment/engagement/engagement-projects/medication-disposal) [https://www.urmc.rochester.edu/institute-for-human-health-and-the-environment/engagement/engagement-projects/medication-disposal]