How to Dispose of Prescription Drugs

- **Do not** flush prescription drugs down the toilet or sink drain unless the label on the bottle or package says it is okay to do so.

- It is important to dispose of medicine when it is no longer needed to help keep the people and pets in your home safe. You may click on this link to see a list of medicines that can be flushed down the toilet or sink: [Medicines that can be flushed down the toilet or sink](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1134217/)

- Call your city or county household trash and recycling service and ask if a drug take-back program is available in your area.

- Take unwanted or expired prescription drugs to a community drug take-back program or a household hazardous waste collection event that will take drugs, for proper disposal.

- **If a drug take-back or collection program is not available,** follow the directions below to dispose of prescription drugs:

  1. Take your prescription drugs out of the original bottle or package. **Do not** crush tablets or capsules.

  2. Mix the drugs with a substance, such as cat litter or used coffee grounds.

  3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, coffee can or into a sealable bag. **Tape the lid or bag shut with duct tape.**

  4. Before throwing out the empty drug bottle or package, cover or remove any personal information, including the Rx number. Mark out the information with black permanent marker, cover it with duct tape, or scratch it off.

  5. Put the sealed container with the mixture and the empty drug bottles or packages in the trash.


This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.