Do Not Flush Medicines!

This practice can harm the beneficial bacteria that break down waste in wastewater treatment plants. Also, municipal wastewater treatment facilities are not designed to remove all the ingredients from the medicines in the treatment process. Untreated or partially treated pharmaceuticals are then released into nearby lakes, rivers or groundwater. Adverse health effects may occur if individuals are exposed to drugs in their water supply, so it is important to properly manage pharmaceutical waste.

To help reduce pharmaceutical waste:

- ✓ Take prescription medicines as directed.
- ✓ Talk to your doctor or pharmacist if you have questions about your prescription or other medicines.
- ✓ Only purchase and use essential pharmaceuticals.

Solid Medications

- Remove from the original container and put the contents into a hard plastic container such as a rinsed laundry detergent bottle.
 Add a small amount of water to dissolve the medicine.
 - Add a thickening material such as cat litter, flour, salt, charcoal or coffee grounds. Nontoxic powdered spice such as turmeric or mustard may be added to discourage wildlife or young children from trying to eat the resulting material.
 - \checkmark Recap and seal the container with duct tape.
 - ✓ Place it in the trash just prior to pick-up.

Liquid Medications

- Remove from the original container and put the contents into a hard plastic container such as a rinsed laundry detergent bottle.
- ✓ Add a thickening material such as cat litter, flour, salt, charcoal or coffee grounds. Nontoxic powdered spice such as turmeric or mustard may be added to discourage wildlife or young children from trying to eat the resulting material.
- ✓ Recap and seal the new container with duct tape.
- \checkmark Place it in the trash just prior to pick-up.

Blister Packages

- (Foil-wrapped pill containers and patches)
- ✓ Keep these items in their original packaging.
- \checkmark Wrap the pack with a thick tape such as duct tape.
- \checkmark Place the pack into a hard plastic container such as a rinsed laundry detergent bottle.
- \checkmark Seal the container and place in the trash just prior to pick-up.



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