

How to Dispose of Prescription Medicines & Over-The-Counter (OTC) Products



Are you throwing away unused medications and over-the-counter products down the toilet or the sink? STOP!

Flushing medications down the toilet or sink causes water pollution, impacts drinking water and has adverse effects on septic systems, fish and other aquatic wildlife.

The safe way to dispose of medications and OTC products is to put them in the trash.

Here's how to do it:

1. Keep the medication in its original container.

- To protect privacy and discourage misuse of the prescription, cross out the patient's name with a **permanent marker or duct tape or remove the label.** (Chemotherapy drugs may require special handling. Work with your healthcare provider on proper disposal options for this type of medication.)



2. Modify the medications to discourage consumption.



- For solid medications: such as pills or capsules: add a small amount of water to at least partially dissolve them.
- For liquid medications: add enough table salt, flour, charcoal, or nontoxic powdered spice, such as turmeric or mustard to make a pungent, unsightly mixture that discourages anyone from eating it.
- For blister packs: wrap the blister packages containing pills in multiple layers of duct or other opaque tape.

3. Seal and conceal.

- Tape the medication container lid shut with packing or duct tape.
- Place it inside a non-transparent bag or container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen.
- **Do not** conceal medicines in food products because animals could inadvertently consume them.



4. Discard the container in your trash can. **Do not put the container in your recycling bin!**



For more information, please contact:

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The CT DEP thanks the Minnesota Office of Environmental Assistance for permission to use parts of their brochure.

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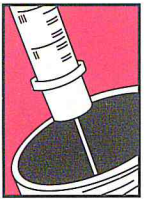
Deseche las agujas y jeringas de manera segura.

Las agujas y jeringas usadas, conocidas como "objetos agudos", nunca deben ser recicladas. Debe tenerse cuidado para desecharlas apropiadamente.

Estos artículos trastornan el proceso de los materiales reciclables al constituir un peligro para la seguridad de los trabajadores de las plantas recicladoras. Los métodos inapropiados de desecho también han dado por resultado incidentes en los que las agujas han sido llevadas a las costas. Tenga en cuenta que cualquier cosa desechada en desagües y alcantarillas puede, después de un tiempo, terminar en las plantas de tratamiento de aguas negras o en los ríos o corrientes de aguas locales.

Recuerde, desechar agujas y jeringas de manera segura es su responsabilidad.

Cómo desechar apropiadamente agujas y jeringas:



1. Ponga sus agujas y jeringas usadas en un envase a prueba de pinchazos, de plástico duro o metal, como una botella plástica de blanqueador o detergente, o una lata de café. Los envases de plástico opacos son los preferidos.

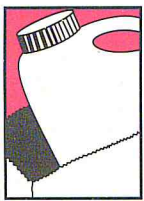
NO desprenda las agujas de la jeringa, ya que puede lastimarse o lastimar a otros. No las deseche en el agua de la taza de baño.



2. Selle el envase con su tapa original. Asegúrese de reforzar la tapa con cinta adhesiva de uso pesado. Almacene el envase en un área a prueba de niños o mascotas.



3. Ponga una etiqueta en el envase que diga: NO SE RECICLE. Las agujas desechadas inapropiadamente que terminan en los botes de reciclaje, pueden herir a los recolectores de basura, trabajadores de reciclaje, mascotas, niños y animales silvestres.



4. Cuando su envase esté lleno y firmemente sellado, póngalo en una bolsa de papel y tírelo en el bote de basura regular. Nunca la ponga en el bote de reciclaje.

Otra opción de desecho: Pregunte a su médico si él o ella aceptaría jeringas "envasadas" para desechar de manera segura.

Dispose of needles the safe way.

Used needles and syringes - known as "sharps" - should never be recycled. Care must be taken to dispose of them properly.

These items disrupt the processing of recyclable materials by posing a safety hazard for the workers at recycling plants. Improper disposal methods have also resulted in incidents of needles washing ashore. Keep in mind that anything discarded in sewers and gutters could eventually end up at the sewage treatment plant or in a local stream or river.

Remember, safe disposal of needles and syringes is your responsibility.

How to dispose of needles and syringes properly:



1. Place your used needles and syringes into a hard, puncture-resistant plastic or metal container, such as a plastic bleach or detergent bottle or a coffee can. Plastic containers that you cannot see through are preferred.

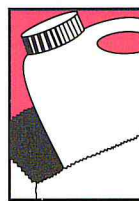
DO NOT break your needles off, as you may hurt yourself or others. Do not flush them down the toilet.



2. Seal the container with its original lid. Be sure to reinforce lids or caps with heavy-duty tape. Store the container in an area that is child or pet proof.



3. Label the container: **DO NOT RECYCLE.** Improperly discarded needles that end up in recycling bins can injure trash haulers, recycling workers, pets, children and wildlife.



4. When your container is full and tightly sealed, place in a paper bag and throw it away in the regular trash can. Never put it in the recycling bin.

Another disposal option: ask your doctor if he or she will accept "containerized" syringes for safe disposal.