



## How to Properly Dispose of Medication

*Prepared by the Health Consultant Team at Child Care Aware® of North Dakota*

- Pouring medications down the sink or flushing them down the toilet is no longer routinely recommended because medication can cause pollution of lakes, streams, and water supplies.
- Follow specific disposal instructions on the drug label. Do not flush prescription drugs down the toilet unless specifically instructed.
- Contact your local recycling program or pharmacy to see if they offer a medication “take-back” program. Visit <http://www.disposemy meds.org/index.php/pharmacy-locator> to locate participating pharmacies. Police Departments in Bismarck, Fargo, Grand Forks, and Minot also participate in “take-back programs” by providing disposal containers in their lobbies for all unused prescriptions or OTC medication.
- If no instructions are given and no recycling program is available, throw the drugs in the trash, but first:
  - Take them out of their original container and mix them with undesirable substance such as coffee grounds or kitty litter.
  - Conceal or remove personal information, including Rx number, on the empty medicine containers by either covering it with black permanent marker or by scratching it off.
  - Wrap the medication mixture and the empty containers in newspaper to help conceal them from pets and children before placing in the trash.

Source:  
North Dakota Department of Health

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