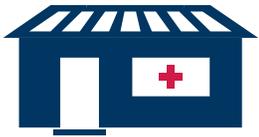


How to Toss Your Meds

When your medication expires or you no longer need it, it's important to get rid of it safely. Below are some ways you can dispose of medicine to make sure it doesn't end up in the wrong hands.



Medication disposal drop box, collection site or take-back event

These options are the best way to get rid of expired, unwanted or unused medicines. To find a disposal location near you, call **1-800-222-1222** or visit rxdrugdropbox.org.



Drug disposal pouch

There are now products available that deactivate drugs in an environmentally friendly way while reducing the opportunity for abuse or misuse. These include drug deactivating pouches, pods and other products.



Household trashcan

To safely throw away unnecessary or expired medications, take pills out of their original containers and mix them with an undesirable substance such as kitty litter or coffee grounds. Put this mixture into a sealed bag and toss into the garbage.



Flushing

Some prescription medications should be flushed, rather than thrown away, because they can be harmful if taken by someone who doesn't need them. These drugs usually have instructions on the package that say they should be flushed as soon as they are no longer needed. If a medication disposal drop box, collection site or take-back event is not available, these medicines should be flushed right away.

When to ask for help

If you have questions about your medicine, have made a medication mistake, or need more information on how to safely dispose of your medications, call the Poison Control helpline at **1-800-222-1222**.

Drug drop-off locations

The University of Kansas Health System offers a safe and convenient way for you to dispose of your medications at our pharmacy locations. Visit kansashealthsystem.com/drugdropoff to find a medicine disposal drop box near you.