

# GOT LEFTOVER MEDICINE?

A RESOURCE FOR MISSOURI

**Empty your medicine cabinet in a safe, environmentally responsible way using the tips below.**



Seven out of 10 people who abuse prescription drugs get them from friends or family, often out of the home medicine cabinet. Regularly cleaning out unneeded medicine every six months can help avoid drugs from falling into the wrong hands.

**Never flush medication!**

## Drop-Off

- Many police stations and sheriff's offices allow you to drop off your unwanted meds.
- Some pharmacies, hospitals, clinics, and other treatment centers also accept meds.
- One-day medicine collection events may also be available in your area.
- To find potential drop-off locations near you, go to <https://bit.ly/MOmeds>

## Mail-Back

Some pharmacies and other organizations offer postage-paid envelopes for a small fee, which you can use to mail medicines to a safe disposal program. Mail-back systems accept controlled and non-controlled substances.

## Last Resort

You should **only** discard medicine in the trash if there are no drop-off sites or mail-back programs available near you. If you were given a medication disposal pouch, follow the instructions on the pouch. Otherwise, follow these guidelines:

1. Cross out any personal information on your medicine bottle.
2. Empty your medicine into a sealable, disposable container.
3. Add used cat litter, used coffee grounds, or another undesirable substance to discourage use by others.
4. Discard the sealed container with your household trash.
5. Recycle (whenever possible) the empty medicine bottle.

## Safe Storage Saves Lives!

Store medications in a location out of reach and sight of children. Make sure the safety cap is locked. When possible, secure medications such as opiates in a lockbox or locked cabinet.

## Did You Know?

- Every 14 minutes, an American dies from an unintentional drug overdose.
- Among children, emergency room visits for accidental drug poisoning are twice as common as poisonings for other household products.
- Flushing leftover medicines sends them into our rivers, streams, and waterways. Wastewater treatment plants can't remove them.
- Chemicals from medicines can end up in our drinking water, and have been shown to have harmful effects on aquatic life.

## Questions?

**PLACE LOCAL CONTACT INFO HERE**



MISSOURI  
DEPARTMENT OF  
NATURAL RESOURCES