

# HOW TO SAFELY DISPOSE OF UNUSED OR EXPIRED MEDICATIONS

Don't Throw Medications into the Trash or Sink!



## LOOK INTO YOUR MEDICINE CABINET - WHAT DO YOU SEE?



- Tablets you bought just in case for a trip
- Leftover antibiotics or cough syrup
- Medications you no longer take
- Pain medications you don't finish

**DO NOT** flush them down the toilet or pour them down the sink

**DO NOT** throw them in the garbage

These actions can:

- Harm children or pets
- Contaminate water systems
- Lead to accidental poisonings or misuse

## WHAT YOU SHOULD DO INSTEAD?

Take them to your pharmacy for free, safe, and environmentally responsible disposal



### HOW TO DISPOSE OF MEDICATIONS?

1. Gather expired medications
2. Empty all tablets and capsules into a bag. Keep creams and liquids in their containers while removing personal information
3. Bring your expired medications to any pharmacy



### HOW TO DISPOSE OF SHARPS?

1. Obtain a free sharps bin from any pharmacy
2. Place medical sharps in the container, making sure the stacks stays below the full
3. When full, bring the sealed container to any pharmacy

## WHAT'S INCLUDED?

- Prescription drugs
- Over-the-counter medications
- Natural health products

## MEDICAL SHARPS INCLUDE:

- Needles and syringes
- Lancets
- Pen tips
- Prefilled syringes, pens, auto-injectors

## WHAT'S NOT INCLUDED?

- Empty pill bottles or other containers
- Cosmetics or beauty products
- Contact lens disinfectants
- Rapid tests
- Glucose meters
- IV bags and tubing