Disposing of Unused Medications

Prescriptions or Over the Counter

- Information is from the FDA
- Most unused medications can be disposed of in the trash if they are mixed with an undesirable substance, such as used coffee grounds or cat litter.
- Remove the medication from its original bottle. Scratch out all identifying info on the prescription label so it is unreadable.
- Combine the medication with an undesirable substance and seal the concoction in a plastic bag such as a Ziploc and dispose of the bag in your regular trash.
- Occasionally a prescription bottle will have specific instructions for disposal on the label. Look for those prior to doing the above.
- Don’t flush unused medication down the toilet except when the prescription is specifically labeled telling you to do so. One example is the fentanyl patch; those should be flushed and the dispensing instructions will tell the user this.