

# Proper Disposal of Medications

To throw away unused or expired medication in the right way, follow these steps:

- Do NOT flush medication down the sink or toilet if the label or patient guide does not tell you to do that.
- Specific locations in your community can take your unused medication and throw them away properly for you. Call your city or county government's household trash and recycling service.
- If you cannot use the choice above, throw medication in your household trash can by using the method below:
  - Take your medication out of the original bottles
  - Mix the medication (do not crush tablets or capsules) with something you do not need such as dirt, cat litter or used coffee grounds
  - Put this mixture into a bottle with a lid. You can use any container that can be sealed
  - Remove or hide your personal information (your name, date of birth, address, prescription (Rx) number on empty pill bottles). You can scratch it off or cover it with black permanent marker or duct tape
  - Put the sealed bottle with the mixture and the empty pill bottles in the trash
- If you are not sure about proper disposal, contact your pharmacists at Northwestern Medicine Specialty Pharmacy at 312.926.9365

**The information presented above is a summary of the guidelines from the FDA and the White House Office of National Drug Control Policy.**

For more information, please visit <https://www.fda.gov/drugs/resourcesforyou/consumers/>

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