

# Dispose of Medicines, Vitamins and Other Supplements Properly

Do you have unwanted or expired prescriptions, over-the-counter medicines, or supplements in your home?

Do Not Flush or Pour Them Down the Drain unless Noted Differently on the Medicine's Packaging!



Do not flush medicines, vitamins or other supplements down toilet or pour them down drain unless noted on packaging.



Remove or conceal personal information and R<sub>x</sub> number using black marker.



Put undesirable substance such as used coffee grounds or cat litter into disposable container with lid (or plastic bag). Mix the medicine or supplement with undesirable substance.



Seal medicine mixture with lid or inside plastic bag. Dispose mixture and medicine container in trash.



Close or tie trash bag. Take trash bag out to garbage as close to garbage pick up time as possible.



For more information on Pharmaceuticals and Personal Care Products and a link to the Federal prescription drug disposal guidelines, go to: [www.epa.gov/waterscience/ppcp/](http://www.epa.gov/waterscience/ppcp/)

# For A Healthy Earth

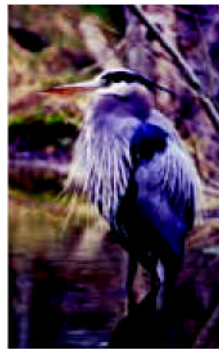
Safely Dispose of Unwanted Prescription and Over-the-Counter Medicines, Vitamins and Other Supplements Properly

Do not flush medicines, vitamins and other supplements down the toilet unless noted differently on the medicine's packaging.

Some medicines, vitamins and other supplements poured down the drain or flushed down the toilet may pass through wastewater treatment plants. They may enter lakes, rivers and streams which are often used as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines and supplements.

## DISPOSAL OF MEDICINE, VITAMINS AND OTHER SUPPLEMENTS PROPERLY CAN HELP:

- Prevent unintentional poisoning of children and pets
- Prevent misuse by teenagers and adults, even people you know
- Prevent health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Prevent medicines and supplements from entering streams and rivers when poured down the drain or flushed down the toilet



You can get rid of your unwanted or expired medicines, vitamins and other supplements properly and keep them out of the water supply by following the steps on the other side.

If you have questions, call the Safe Drinking Water Hotline at 800-426-4791