

# Don't Flush! Safely Dispose of Unused Drugs



## *Why are we concerned about the disposal of unused drugs?*

You should always get rid of expired prescription and over-the-counter drugs to protect your family's health. How you dispose of them may affect the environment.

## *Is it safe to flush drugs down the toilet or pour them down the sink?*

Do **not** flush drugs down the toilet and do **not** pour them down the sink, unless the label says so. Water treatment plants and septic systems are not equipped to remove drugs. They could leak into lakes or streams and affect wildlife.

## *How should I dispose of unused drugs?*

- Place unused prescription and over-the-counter drugs (liquid or pills) into a plastic bag that you can seal *or* place in a container that does not leak or break.
- Add kitty litter, sawdust, or coffee grounds to make the mixture less appealing to pets and children.
- Seal the bag or container and place in the trash.
- Remove and tear up personal information from any medicine label before throwing away.

***For more information go to:*** [www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm)

## *Health Whys*

A public health message from

*Thomas*  
**Jefferson**  
HEALTH DISTRICT

Serving: Albemarle Charlottesville  
Fluvanna Greene Louisa Nelson

[www.vdh.virginia.gov/LHD/ThomasJefferson](http://www.vdh.virginia.gov/LHD/ThomasJefferson)

