



**LEFTOVER MEDICATIONS?
DISPOSE OF THEM SAFELY!**

A Medication Safe-Disposal Guide

*from the Illinois State Medical Society
and ISMIE Mutual Insurance Company*

Did you know:

Unused medications can be a danger to family and pets, and most doctors cannot legally dispose of what's in your medicine cabinet.

However, the Illinois State Medical Society and ISMIE Mutual can help you locate safe, legal disposal sites for your prescription and non-prescription medications.

FLIP THIS CARD NOW!



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What to Do:

✓ **Gather all unused prescription and non-prescription medications in your household.**

✓ **Know your disposal options.**

- **Find an authorized collector.** Many pharmacies and government buildings sponsor safe locations to dispose of medicines. Start with www.isms.org/Take-Back to locate collectors close to you.
- **Drug take-back days.** The U.S. Drug Enforcement Administration – the DEA – sponsors regular National Prescription Drug Take-Back Days, usually in the spring and fall. Local governments may too, so call or check online.
- **Destroy your medications.** If the above options don't work for you, place the medication in a sealable bag and mix with coffee grounds or kitty litter to make it undesirable to children, pets or people who may go through your trash.
- **Flush your medications.** If none of the above options work, you may flush certain medications down the toilet or sink. Check www.fda.gov for more information, or ask your physician.

If you think you or a loved one has an addiction problem, talk to your doctor about treatment options. For more information on medication disposal visit www.isms.org/Take-Back.

Revised Sept. 2018



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