

SAFE MEDICINE DISPOSAL

When was the last time you cleaned out your household supply of over-the-counter (OTC) medicines?



Check the Label

Once a medicine has reached its expiration date, it may not provide the treatment that you need.

Follow these simple steps from the U.S. Food and Drug Administration (FDA) to dispose of OTCs in your household trash:



1



Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as used coffee grounds or kitty litter.

2



Place the mixture in a container such as a sealed plastic bag.

3



Throw the container in your household trash.

Have Questions?

All OTCs can be thrown away.

Some prescription medicines should be flushed.

To know which ones, go to www.aapcc.org

This information is provided by KnowYourOTCs.org, a one-stop shop for all you need to know about the use, storage, and disposal of over-the-counter medicines.