



How to Safely Dispose of Medication

Methods to Dispose Medication

- The Federal Drug Administrator states that the best way to dispose old, unused, or expired medication would be drop the medication off at a drug take back website, location, or program
- If these options are not available, there are two other alternatives
 - Flush the medication down the toilet
 - Trash the medication



Flushing Medication

Before flushing medication, one should first check the FDA flush list to ensure it is safe to proceed



Active Ingredient	Found in Brand Names
Benzhydrocodone /Acetaminophen	Apadaz
Buprenorphine	Belbuca , Bunavail , Butrans , Suboxone , Subutex , Zubsolv
Fentanyl	Abstral , Actiq , Duragesic , Fentora , Onsolis
Diazepam	Diastat / Diastat AcuDial rectal gel
Hydrocodone	Anexsia, Hysingla ER , Lortab, Norco , Reprexain, Vicodin, Vicoprofen , Zohydro ER
Hydromorphone	Dilaudid , Exalgo
Meperidine	Demerol
Methadone	Dolophine , Methadose
Methylphenidate	Daytrana transdermal patch system
Morphine	Arymo ER , Embeda , Kadian , Morphabond ER , MS Contin , Avinza
Oxycodone	Combunox , Oxaydo (formerly Oxecta), OxyContin , Percocet , Percodan , Roxicet, Roxicodone , Roxybond , Targiniq ER , Xartemis XR , Xtampza ER
Oxymorphone	Opana , Opana ER
Tapentadol	Nucynta , Nucynta ER
Sodium Oxybate	Xyrem oral solution

Trashing Medication

Almost all types of medication that are not flushable can be disposed of through the trash. This can be done by the following steps:



1. Remove the medication from the original container and mix it with something that is not desirable such as used coffee grounds or dirt.



2. Put them in mixture in something you can close such as a zipper bag, or an empty can, to prevent the medication from spilling out



3. Throw the container in the garbage



4. Make sure all personal information is scratched out from the medicine package to protect your identity and privacy

It's important to understand how to properly dispose of medication to avoid incorrect usage of prescription medication.

U.S Department of Health and Services discuss the many side effects of antiretroviral agents, understanding the side effects of these medications and how harmful they could be if they are placed in the wrong hands.

These side effects include:

- Heart attack risk**
- Nausea and diarrhea**
 - Dizziness**
- Suicidal ideation**
 - Depression**



References

1. <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>
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3. https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know#Medicines_recommended
4. <https://aidsinfo.nih.gov/guidelines/html/1/adult-and-adolescent-arv/31/adverse-effects-of-arv>
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6. https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know#Medicines_recommended