

Safe Medicine Disposal for ME Program





A program for all Maine
residents!

INSTRUCTION BOOKLET

Information on how to
prepare and return your
medicine for proper disposal

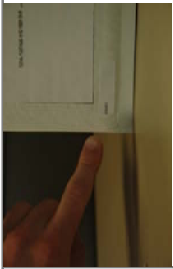
Helpline: 1-866-637-9743

Steps	<p align="center">Safe Medicine Disposal for ME Program 6 Step Quick Instruction Guide</p>
1	<p>Read through <u>this booklet</u> for information on the Safe Medicine Disposal for ME Program. **Keep this booklet. Do not mail it with your medicine.** If you have questions, please call our Helpline: 1-866-637-9743</p>
2	<p>Place <u>your unused medicine into the postage-paid envelope</u>.</p> <ul style="list-style-type: none"> ✓  No sharp objects or needles ✓ No batteries, electronics, or medical devices (hearing aids, blood sugar monitors) ✓ No thermometers ✓ Leave all medicine in the bottle/packaging ✓ Containers with liquids, gels, or creams are to be wrapped in a paper towel and sealed in a zip lock bag before you put them in the envelope. Only 4 ounces (or 120 ml) total of liquids, gels or creams can be mailed.
3	<p> Complete the enclosed survey and place it in the envelope with your medicine. DO NOT WRITE YOUR NAME ON THE SURVEY OR PROGRAM ENVELOPE</p>

Turn to view



Turn to view



4

Make a note of your envelope code number. It is a four digit number located in the bottom left hand corner of your envelope.

Write it here: _____

5

Seal envelope and mail it. No postage is needed. Mail the postage-paid envelope as you would any other letter or package through the U.S. Mail.

6



Right after you mail your envelope, call the Program Helpline at 1-866-637-9743, and leave a message with the following information:

1. The date you mailed out your medicine and
2. Your envelope code number.
3. **DO NOT** leave your name and phone number on this message unless you have a question about the program and would like a call back.



Thank you for participating!

For more information:

Call: 1-866-637-9743

Visit: www.safemeddisposal.com

or E-mail: info@safemeddisposal.com

The Safe Medicine Disposal for ME Program

Safe Medicine Disposal for ME is administered by the University of Maine Center on Aging and the Maine Benzodiazepine Study Group, in partnership with the Maine Drug Enforcement Agency, the Maine Department of Environmental Protection, the United States Postal Service, and many other organizations concerned about protecting the health and welfare of Maine's citizens. Because our program partners are committed to your health and safety, you are invited to take part in this exciting new program. The program was created to give Maine residents a safe disposal option for unused and unwanted medicine.

By mailing back your unused medicines, you:

- ⇒ Reduce your risk of taking medicine in error that may be harmful or cause interactions with other medicine
- ⇒ Reduce wasted healthcare dollars by contributing to important research
- ⇒ Dispose of your medicine in a way that protects Maine's environment and prevents groundwater contamination
- ⇒ Get unwanted medicine out of your home and away from people who may want to steal your medicine or take it illegally

Where will my medicine go?

All medicine that you place in the pre-paid envelope provided will be sent to the Maine Drug Enforcement Agency for proper disposal.

How much does this cost?

There is **no cost to you** to participate. Postage and disposal costs have been paid through support from the U.S. Environmental Protection Agency (EPA) and other in-kind donations from program partners.

Instructions

Before you begin:

Gather the unused and/or expired medicine you wish to mail for disposal. Leave all medicine in its original container(s).

Please leave medicine in the original container(s). Do not black out the name of the medicine or the number of pills.

If you wish, you may use a marker to black out your name and personal information on the medicine bottle. However, please **do not black out the name and quantity of the medicine**. This helps us to identify the medicine for disposal.



Please place all medicine you wish to dispose of into the postage-paid envelope provided.

The Food and Drug Administration (FDA) requires special handling of certain drugs to ensure safe distribution and use. Due to these requirements, some manufacturers provide for their own disposal programs. Please check the medicine package or contact your pharmacist for more information about manufacturer disposal programs that may exist for the medicine you have.

Do not put the following items into the envelope:

1. **DO NOT** place loose pills into the envelope. Leave all pills in their original bottles. This will help us to identify the drug for disposal. If you need more than one envelope, please request an additional envelope from a participating site or call 1-866-637-9743.

2. **DO NOT** put syringes or sharp objects into the envelope. No syringes,



sharp objects, needles or other items that may cause injury to the postal carrier or program staff are to be placed into the postage-paid envelope. Even if

these items are packaged or wrapped, they are not to be placed in the envelope. If you would like more information about proper disposal of sharps, please contact your healthcare provider or visit: www.safeneedledisposal.org

No needles, broken glass, sharp objects, medical devices, or thermometers should go into the envelope.

3. No batteries, electronics, medical devices (hearing aids, blood sugar monitors), or thermometers should be placed into the envelope.

Liquids, Gels, and Creams

The total combined volume of all liquids, gels, and creams returned should be 4 ounces (about 120 ml) or less. Please wrap each container of liquid, gel, or cream in a paper towel and place it in a zip-lock bag before placing them in the envelope with any other medicine.



Only a total of 4 oz (or 120ml) of liquids, gels, and creams total can be mailed back. Wrap them in paper towels, place them in a zip lock bag, and put it in the envelope. Be sure to seal the zip lock bag and envelope tightly.

Once all your medicine is placed in the postage-paid envelope, complete the survey provided. Place your completed survey in the envelope and seal it. It is now ready to be mailed.



Complete the survey and place it in the envelope with your medicine.



If you have questions about what to put into the envelope, please call the Program Helpline at: 1-866-ME-RX-RID (1-866-637-9743).

Visit our website: www.SafeMedDisposal.com

E-Mail: info@SafeMedDisposal.com



Find the 4-digit code number in the bottom left hand corner of your envelope.

Write it here: _ _ _ _



On the day you place your envelope in the mail, please call the Program Helpline at **1-866-637-9743** and leave a message with your 4-digit envelope code number and the date it was



mailed so that program staff can expect to receive your envelope. You do not need to leave your name or any other information in the message.

This envelope code number will tell us how long it takes for the envelope to be delivered.

Mailing Your Envelope

Mail the envelope as you would any other letter or package through the U.S. Mail.

There are several choices available to you including:

- Hand the envelope directly to your mail carrier,
- Bring it directly to your local Post Office for mailing,
- Place the envelope into a **blue** United States Postal Service mailbox at your local Post Office or other locations in your area, or
- Place the envelope in your home mailbox.



Thank you for participating in this program! If you have any further questions or comments about the program please call:

1-866-637-9743

Please keep this booklet for your records.
Do not mail it in your envelope.

Program Partners

The program has been made possible by the following organizational partners:



Please see back page for full listing of program partners

Partners for this program include the:

- ◆ University of Maine Center on Aging
- ◆ United States Environmental Protection Agency
- ◆ United States Postal Service
- ◆ Community Medical Foundation for Patient Safety
- ◆ Maine Benzodiazepine Study Group
- ◆ Maine Department of Environmental Protection
- ◆ Maine Drug Enforcement Agency
- ◆ Rite Aid Pharmacies
- ◆ CVS Pharmacies
- ◆ Maine Office of Elder Services
- ◆ Maine Office of Substance Abuse
- ◆ Maine Association of Psychiatric Physicians
- ◆ Maine Office of the Attorney General
- ◆ Maine Pharmacy Association
- ◆ Maine RSVP Programs
- ◆ Margaret Chase Smith Policy Center
- ◆ Maine Medical Association
- ◆ Maine Office of Adult Mental Health
- ◆ Miller Drug
- ◆ National Council on Patient Information and Education
- ◆ Northern New England Poison Center
- ◆ Villanova University Center for the Environment
- ◆ Maine Department of Health and Human Services
- ◆ Maine Council for Child and Adolescent Psychiatry
- ◆ Community organizations and pharmacies throughout Maine

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