

# ***How to dispose of my medicines safely at home.***

**Do not FLUSH** unused medicines.

Recent studies report that flushing unwanted medicines is having a harmful impact on the environment.

Add water to the medicine container to dissolve the tablets or dilute the liquid.



Empty medicine & water from its container into a disposable & sealable bag.



Mix in a handful of undesirable solid substance such as kitty litter or coffee grounds.



Remove & destroy ALL identifying personal information from the prescription label of the original medicine container.



Place bag in trash on trash pick-up day. Recycle plastic or glass container.

## **Talk to Your Pharmacist.**

Pharmacists are one of the most accessible healthcare professionals. As the medicine experts, pharmacists are available to guide you on how to dispose of your unwanted medicines properly.



# **RxMEDS**

Regional eXcess Medication Disposal Service



## ***What is a Controlled Substance?***

Certain medicines including narcotics, depressants, stimulants, hallucinogenics, & anabolic steroids that are regulated by government.

Controlled substances have a potential for abuse, may be habit-forming, or may cause mental &/or physical dependence & withdrawal.



**By law, no healthcare professional, including pharmacists or pharmacies, may take back controlled substances.**

**You still need to dispose of these medicines safely to prevent unintentional harm to yourself, family, & pets.**

**For more information: 314/289-5629  
or visit [www.stlarchs.org](http://www.stlarchs.org)**

### **COMPLIMENTS OF RxMEDS:**



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