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Medicine Safety Tips for Seniors



Wear a medical ID bracelet to notify others in an emergency of any allergies or certain medical conditions.

Keep a list of all your medicines with you at all times.

Fill all of your medicines at the same pharmacy.

Check each prescription to make sure it is the correct medicine and the correct dose.

Ask your pharmacist if your medicines interact with food or alcohol, or over-the-counter medicines, supplements, and herbals. Ask about other possible side effects.

Keep medicines in their original container and out of reach from children and pets. Don't take medicine in front of children, call it candy, or make a game of taking it.

Never take medicine in the dark or without your eyeglasses.

Take medicine on a schedule and for the entire duration as prescribed, even if you feel better.

If you miss a dose, then don't panic. Ask your pharmacist what to do.

Don't share medicine with others. Use only medicine that is prescribed for you.



RxMEDS

Regional eXcess Medication Disposal Service



COMPLIMENTS OF:



Area Resources for
Community & Human Services



St. Louis College of Pharmacy
Cintas Corporation
AARP Missouri
Mid-East Area Agency on Aging
OASIS
Senior Services Plus

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For more information:
314-289-5629
www.stlarchs.org

Medicine Cabinet Cleanup Tips for Seniors!



RxMEDS

*How to dispose
of your unwanted
medicines safely.*



The U.S. Environmental Protection Agency (EPA) states:

“Safe methods of disposal are needed for expired or unwanted medicines. Products of concern include prescription and over-the-counter medications. Improper disposal of medicines presents both a public safety and environmental hazard and wastes millions of health care dollars annually.”



The 3 Main Hazards



Inappropriate ingestion may cause poisoning and/or harmful side effects, particularly among seniors, children, and pets.



Theft of medicines may lead to inappropriate use and/or identity theft.



Medicines washed down the sink or toilet contaminate rivers. This causes reproductive and growth problems in fish and other aquatic wildlife.

USE WITH RESPECT & DISCARD WITH CARE

Three simple steps that seniors should take to protect themselves, their families, community, and the environment:

1

BRING MEDICINES TO RxMEDS DISPOSAL SITE

Participate in an RxMEDS disposal program at selected Schnucks pharmacies on designated Thursdays, 10 a.m. - 1 p.m., January - December 2008. Contact 314-289-5629 or www.stlarchs.org for the site and dates near you.



Bring unwanted medicines in original containers. Examples include expired or unwanted prescription and over-the-counter medicines.

Either at home or at Schnucks, you may mark out your personal information located on prescription containers. Please do not remove information regarding the type of medicine.

All medicines will be destroyed locally by a licensed incinerator.



2

DISPOSE OF MEDICINES AT HOME: Do not flush!

Add water to the medicine container to dissolve the tablets or dilute the liquid. Empty medicine and water from its container into a disposable and sealable bag.

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



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

Place bag in trash on trash pick-up day. Recycle the medicine container.

3

TALK TO YOUR PHARMACIST

Medicines may lose their effectiveness if stored incorrectly.

The "medicine cabinet" in the bathroom is not a good place for storage because of the moisture and heat. Ask your pharmacist about proper storage and when to dispose of each prescription and nonprescription medicine.

