**Ask Your Pharmacist**

**Don’t Flush Your Medicines Down the Toilet!**

- A recent study shows that 80 percent of US streams contain small amounts of human medicines.
- Sewage systems cannot remove these medicines from water that is released into lakes, rivers or oceans.
- Fish and other aquatic animals have shown adverse effects from medicines in the water.
- And, even very small amounts of medicine have been found in drinking water.

**How to dispose medications at home**

*Follow these steps to protect your privacy and reduce unintended drug use, while saving the environment.*

1. Keep medicine in its original child-resistant container.
2. Place some water into solid medications, such as pills or capsules.
3. Close and seal the container lids tightly with packing or duct tape.
4. Place medicine containers in durable packaging that does not show what’s inside (like, a cardboard box).
5. Remember to keep medicines away from children and pets.

**Other ways to properly dispose of unused medicine**

- **Pharmacy Take-Back Program:** Ask your pharmacist if the pharmacy will accept old medicines back from patients.
- **Household Hazardous Waste Collection:** Find the phone number of your local HHW collection site in the government section of your local white pages of the telephone directory.

**Help reduce drug waste**

- If you’re not sure if you can tolerate a new medicine, ask your doctor about a 10 day trial supply.
- Remember to always take all of your medications as directed.

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**California State Board of Pharmacy**

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