Do You Have Unwanted Medication?

Why is proper medication disposal important?

» Proper disposal of drugs can prevent negative and toxic effects on our environment
» Improper disposal risks the medication becoming a part of our water supply that we use for cooking, drinking, and bathing
» Proper disposal helps avoid medications getting in the hands of a curious teenager, trash picker, or even a toddler

Do you know how to identify expired or hazardous medications?

» Each medication should have an expiration date, which shows that if the medication is not used by that date the owner should dispose of it
» After the expiration date the potency and safety of the medication is compromised
» All medications should be disposed of properly
  • Unneeded medication in the home poses a greater risk for drug abuse with medications such as hydrocodone, oxycodone, oxycodone hydrochloride and acetaminophen (Percocet), and fentanyl and leads to greater risk for theft

Ways to properly dispose of unused or expired medication in the Grand Forks area:

» Grand Forks Law Enforcement Center - 24 hours/day
» East Grand Forks Police Department - 24 hours/day
» University Police Department - 24 hours/day

What to do if no take back programs are taking place in your community?

» At home, mix whole medications with wet dirt, kitty litter, or coffee grounds to allow the medication to dissolve and then place in a sealable bag or container and dispose in the trash
» In order to protect your personal information on an empty pill bottle, use a permanent marker or scratch off the label, and dispose of the bottle, too
» Mail medication to a collection site
  • Costco, CVS, and Rite-Aid pharmacies sell postage-paid envelopes for customers to mail any prescription, including opioids, and over-the-counter medications to a disposal facility

Sources:

» https://www.verywell.com/safe-drug-disposal-2615032
» https://www.consumerreports.org/drugs/getting-rid-of-expired-medication
» https://www.fda.gov/drugs
» https://attorneygeneral.nd.gov/public-safety/take-back-program
» https://drugfree.org/article/secure-dispose-of-medicine-properly