

## Proper Disposing of Medication

Every day 2500 teenagers use a prescription drug to get high for the first time. Often the youth finds the medication in a friend or family member's house, medicine cabinet or purse.



Prescription drug abuse and identity theft for medical fraud are real problems so dispose of unused medication wisely:

- Find a pharmacy with a drug take-back program
- Scratch out all personal information on prescription bottle and put it in the garbage
- Pour the drugs into a sturdy sandwich bag or plastic container and add water to dissolve medication
- Mix meds with coffee grounds, kitty litter, sawdust or unappealing content and seal container in garbage
- U.S. Food and Drug Administration recommends placing painkillers, tranquilizers and attention deficit disorder medications in the sink or toilet for immediate disposal.

With the high costs of prescription medication, many people would like to donate unused or seemingly "good" medicines to worthwhile organizations. Finding an organization to accept any medication donations is rare. For obvious reasons, narcotic painkillers are never accepted.

Go to [www.DisposeMyMeds.org](http://www.DisposeMyMeds.org) to locate a drugstore in your area that takes back unused medication.

*"Let us not therefore judge one another anymore; but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way." -Romans 14:13*

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## Prescription Medications

- Over four billion prescriptions are written each year in the United States and up to 40% of drugs dispensed outside of hospitals are not taken, according to estimates of the National Community Pharmacists Association.
- Three fourths of adults do not always take prescription medications as directed resulting in less than therapeutic dosing, over medicating, or creating leftovers.
- Medication non-adherence costs the United States nearly 100 billion dollars each year in extra medical costs in hospital visits, doctor visits, lab testing, and nursing home admissions.
- Each year over 71,000 children less than 18 years of age are seen on the Emergency Departments for unintentional overdoses of prescription and over-the-counter drugs.
- Over 200 million pounds of unused medications can be found in U.S. homes that need to be properly disposed.
- Over 100 different pharmaceuticals have been detected in lakes, rivers, reservoirs and streams throughout the world thus non-sewage system disposal is better for our planet.



### Simple Reminders-

- Never give your medication to someone else and never take someone else's medication.
- Avoid taking medications in front of children (who like to mimic adult actions) and keep medicines out of sight and reach of children.

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