

SAVE A LIFE

DISPOSE DRUGS SAFELY

Disposing of expired, unused or unwanted drugs the right way can protect people and the environment. Here is why drug disposal is important:

Drug overdose is the leading cause of accidental death in the U.S. More people die from drug overdoses than car accidents.¹

70,000 children go to the hospital each year for medication errors.² Unused drugs contribute to this.³

69% of people who misused pain medication got them from a friend or relative.⁴

80% of new heroin users began by misusing pain drugs ordered by their doctor.⁵



SAFELY STORE DRUGS BEFORE DISPOSAL⁶



STEP 1

Keep drugs in the container you received them in.



STEP 2

Lock the container in a cool, dry place out of reach of children and pets.

SAFELY DISPOSE OF DRUGS⁶



OPTION 1: DRUG TAKE BACK

Find a Michigan household drug take back site near you. For a list of sites, visit michigan.gov/deqdrugdisposal.



OPTION 2: DISPOSAL RECIPE

If you can't get to a drug take back site, use the recipe below as a last resort to dispose of expired, unused or unwanted drugs.⁵

Disposal Recipe^{5,7}

(Do not dispose chemotherapy drugs this way, talk to your prescribing doctor instead.)

Step 1: Mix drugs (do not crush) with dirt, kitty litter, or used coffee grounds and add a small amount of water to dissolve any solid medications.

Step 2: Seal drugs in plastic bag.

Step 3: Place plastic bag in trash.

Step 4: Take prescription container and scratch out personal information, then recycle or throw away.



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Michigan Academy of Family Physicians (MAFP)
Michigan Council of Nurse Practitioners (MICNP)
Michigan Dental Association (MDA)
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SUPPORTED BY:

Michigan Department of Health & Human Services (MDHHS)
Michigan HomeCare & Hospice Association (MHHA)

REFERENCES:

1. American Society of Addiction Medicine (2016); 2. Trust for America's Health; 3. Tucker, C. (2011). Drug Takebacks Aim to Prevent Abuse, Protect Environment: Disposing of Drugs the Right Way. *The Nation's Health*, (41)2, 1-15.; 4. Substance Abuse and Mental Health Services Administration, Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-46, HHS Publication No. (SMA) 13-4795. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.; 5. U.S. Food and Drug Administration: Consumer Health Information (2013); 6. Michigan Department of Environmental Quality; 7. Cancer.net.

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