

From the American Water Works Association - "Safely Dispose of Unused Medications".

Medications are important tools used in the protection of public health, but it is important that we take the extra step to protect our families and natural resources by properly discarding of unused medications so they do not inadvertently make it into our water supplies. According to Opflow Magazine, published by the American Water Works Association (Volume 34, No. 5) in May 2008, "The Pharmaceutical Research and Manufacturers of America signed an agreement with the U.S. Fish and Wildlife Service and the American Pharmacists Association to help protect fish and aquatic resources from improper disposal of medications. The campaign, SMARxT DISPOSAL™ publicizes a 'crush, don't flush' message." They recommend the following steps:

1. Put crushed pills and diluted liquid medications into a sealed plastic bag.
2. Add kitty litter, sawdust, coffee grounds, or other mixing material into the bag.
3. Seal the bag and put it into the trash.
4. Remove and destroy all identifying personal information from medicine containers
5. Recycle medicine containers along with other plastic recyclables.