



Appropriate Prescription Disposal:

SINGLE POINT LESSON

MARCH 2018

Why is appropriate prescription disposal important?

- ◇ Unused medication may be abused—according to drugfreeworld.org “In the US 3.3% of 12-17 year-olds and 6% of 17-25 year-olds had abused prescription drugs in the last month”
- ◇ Medication may lose potency over time
- ◇ Medication can be harmful to the environment if flushed or directly thrown in the trash

When should I dispose of unused prescription medication?

According to the U.S. Food and Drug Administration “consumers and caregivers should remove expired, unwanted or unused medicines from their home as quickly as possible to help reduce the chance that others may accidentally take or intentionally misuse the unneeded medicine. “

Where can I dispose of unused prescription medication?

DEA sponsored Take-Back Days

- ◇ Take-Back Days occur twice per year
- ◇ Call 1-800-882-9539 to find an authorized collector in your community
- ◇ Click on the DEA website for additional information

Police or Fire Departments disposal

- ◇ Many Police and Fire Departments have accommodations for disposal—please contact your local Police or Fire Departments for participation inquiries

Charcoal disposable bag provided by Express Scripts (opioids only)

When water is added to the charcoal bag, the opioid is neutralized and safe for landfills

- ◇ Bags are available for employees covered under the hourly BCBS (NPPO/BPP) or salaried BCBS plans having a prescription for opioids filled after February 1, 2018
- ◇ Call Express Scripts at 1-800-778-0735 to request a charcoal disposal bag

At home prescription disposal

The FDA indicates, only use a home disposal process if there are no other means of disposal AND the label does not indicate specific disposal instructions

- ◇ Mix medicine (do not crush) with substances such as kitty litter, dirt or used coffee grounds
- ◇ Place mixture in sealed plastic “Ziploc” type bag
- ◇ Dispose of the bag in your garbage can
- ◇ Remove personal identifiable information on your prescription bottles and/or bags

REMINDER:
hourly
(including
TPT & STS)
and salaried
employees
and their
eligible
dependents
can utilize
substance
use disorder
programs
available
through
their
healthcare
plan

