

Disposal of Unused Medication

Do you have old or expired medicines languishing in your medicine cabinet? If so, you're not the only one. Just about all of us have items on our shelves that are no longer useful. The problem is we don't know what to do with them. Flush them down the toilet? Throw them in the garbage? What is the safest option?

As we celebrate Red Ribbon Week, take time out of your busy schedule to go through your unused medicine and see what can or should be disposed.

Many people have and will continue to throw expired medication in the garbage. We now know, however, that medicine can actually get into our soil, creating an environmental hazard. Others tend to flush any outdated drugs. This was considered the best method because there was no danger of children and pets accidentally ingesting pills. However, flushing medicine presents an environmental hazard. In fact, traces of certain medications have actually been found in water supplies.

So, if we can't throw away expired medicine and we can't flush them, what can we do to ensure they're properly disposed of?

There are several options. The first is to contact your pharmacy. Many pharmacies now have drug recycling programs in place. Some take it back at any time; others hold periodic drives to collect expired medicine. Either way, they'll take back your expired medication and see to it that they're disposed of in the proper manner.

Another alternative is to take it to the **Batesville Police Department**. They now have a take-back box in place for you to dispose of your unused medicine. You can leave it in the bottle (remove label) and drop it off at your convenience.