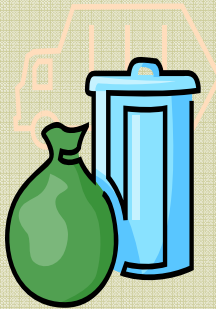


## Ways to Reduce Pharmaceutical Waste

- *Don't take samples if you won't use them. It will only create waste*
- *When you are given a new medication, start with a trial size. Don't get a 90-day supply of a new medication, just in case you don't stay on it.*
- *Keep all of your medicine in the same place in your house. This will avoid misplacing and over-purchasing products you already have*



Unused medicine  
accumulates and  
goes bad

## Resources:

### ***NH Alcohol & Addiction Hotline***

[www.211nh.org](http://www.211nh.org)  
or Dial: 2-1-1

### ***New Hampshire Dept. of Environmental Services***

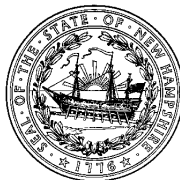
[www.des.nh.gov](http://www.des.nh.gov)  
or Dial: (800)735-2964

### ***Northern New England Poison Center***

[www.nnepc.org](http://www.nnepc.org)  
or Dial: (800)222-1222

Office of Professional Licensure &  
Certification- Enforcement Division  
NH Board of Pharmacy

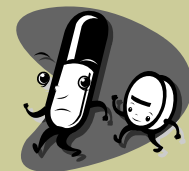
7 Eagle Square  
Concord, NH 03310  
Phone: (603) 271-2152  
Fax: (603) 271-6847  
Email: [customersupport@oplcnh.gov](mailto:customersupport@oplcnh.gov)



# Safe Medicine Disposal

***Office of Professional Licensure  
& Certification  
Enforcement Division***

***NH Board of Pharmacy***



<https://www.oplc.nh.gov/board-pharmacy>

## Why do I need to get rid of my old medicine?

Prescription drug abuse has been on the rise and is growing exponentially.

- 70% of people who abuse prescription pain relievers say they got them from friends or relatives, often without their knowledge
- Marijuana and prescription medication are the most common forms of drug abuse
- The majority of poisoning deaths are contributed to misuse of prescription drugs



## Why can't I just throw it away or flush it?

- People often go through the trash, and may stumble upon some unused prescription medicine
- These pills can end up being sold or abused
- Flushing medicine introduces extra drugs into the water systems
- New technology is detecting trace amounts of medicine in the environmental and drinking water supply

## 5 Steps to Safety– Disposal Technique

- 1) Pour your medicine into a sealable plastic bag
- 2) If the medicine is a solid (tablet, capsule), add a small amount of water to dissolve it
- 3) Add an undesirable substance (dirt, coffee grounds, or kitty litter) to the liquid medicine in the plastic bag
- 4) Seal up the bag. Immediately dispose of it in the household trash for regular pick-up
- 5) Use a marker to black out any personal or contact information, as well as the drug information on your empty medicine bottle. Then, the empty bottle can be recycled with plastic wastes.

## What should I do about used needles, syringes, or IV bags?

Household Sharps, including needles, syringes, and lancets

- After use, dispose of sharps in a rigid, puncture-resistant container
- Common household containers include bleach bottles and laundry detergent bottles
- Properly seal the bottle with duct tape and **mark that it is not for recycle** before disposing with the household trash
- If your town or city does not allow this, contact the NH Syringe Access Initiative at (603)271-0290, the SHARPs Program (Store Household sharps And Return them Properly) at (800)628-8070, or the NH Department of Transportation Sharps Program at (603)485-3806



When disposed of properly, syringes may be thrown away with your trash

Intravenous (IV) bags

- Empty IV bags can be thrown away or recycled. IV bags with contents should be returned to the medical care provider
- IV bags used for chemotherapy should not be disposed of in the trash. Talk to your health care provider for more information.