**Ask Your Pharmacist**

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### Don’t Flush Your Medicines Down the Toilet!

- A recent study shows that 80 percent of US streams contain small amounts of human medicines.
- Sewage systems cannot remove these medicines from water that is released into lakes, rivers or oceans.
- Fish and other aquatic animals have shown adverse effects from medicines in the water.
- And, even very small amounts of medicine have been found in drinking water.

#### How to dispose medications at home

*Follow these steps to protect your privacy and reduce unintended drug use, while saving the environment.*

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>1</td>
<td>Keep medicine in its original child-resistant container.</td>
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<tr>
<td>2</td>
<td>Scratch or mark out the patient information on the label.</td>
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<td>3</td>
<td>Close and seal the container lids tightly with packing or duct tape.</td>
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<tr>
<td>4</td>
<td>Place some water into solid medications, such as pills or capsules.</td>
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<td>5</td>
<td>Place in the trash close to garbage pickup time.</td>
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### Other ways to properly dispose of unused medicine

- **Pharmacy Take-Back Program**: Ask your pharmacist if the pharmacy will accept old medicines back from patients.
- **Household Hazardous Waste Collection**: Find the phone number of your local HHW collection site in the government section of your local white pages of the telephone directory.

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### Help reduce drug waste

- If you’re not sure if you can tolerate a new medicine, ask your doctor about a 10 day trial supply.
- Remember to always take all of your medications as directed.

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California State Board of Pharmacy  
1625 N. Market Blvd., Suite N-219, Sacramento, CA 95834 (916) 574-7900  
UCSF Center for Consumer Self Care  
3333 California Street, San Francisco, CA 94143-0613