BE SAFE:
Dispose of Unused Medicines

Keep your family safe by cleaning out your medicines. Has a bottle expired? No longer in use? It’s time to toss.

Use this checklist to stay on track!

What You Should Be Checking:
- Pain relievers
- Prescription medicines
- Antibiotics
- Heart medicines
- Cold medicines
- Vitamins

Check Your Entire Home:
- Bathrooms
- Bedrooms
- Kitchens
- Closets

For safe disposal options, see reverse. >

Questions? Call the Poison Control Center at CHOP at 800-222-1222. We are available 24/7 to help you.
SAFE DISPOSAL OPTIONS

Drug Take-Back Sites
Visit takebackday.dea.gov to participate in a drug take-back day or find a list of year-round disposal sites near you.

No internet? No problem! Give the Poison Control Center at CHOP a call at 800-222-1222 and we’ll find the information for you.

Home Disposal, in Three Steps
1. Mix the medicine with something you wouldn’t want to eat, like coffee grounds, used tea or kitty litter.
2. Put the mixture in a container and seal it.
   An empty margarine tub works great. Get creative!
3. Throw it away. Easy and safe!

Food and Drug Administration (FDA) Flush List
The FDA has a list of about 15 dangerous medicines that should be flushed. To view the list, search online for “FDA Flush List.” Make sure the link you click is from the website fda.gov.