



## Safe Disposal for Prescription Stimulants

Remove expired or unused prescription stimulants from the home quickly to help reduce the chance that others may accidentally take or intentionally misuse the medicine<sup>1</sup>

The following considerations for disposal of prescription stimulants are from government sources. This information should not serve as medical guidance, but rather as a resource to introduce topics and terms related to the disposal of prescription stimulants

### WHY SAFE DISPOSAL IS IMPORTANT

1. Helps lessen the chance for family members to find prescription stimulants in their home medicine cabinet or in the kitchen<sup>2,3</sup>
2. Helps prevent others from accidentally taking the wrong prescription, too much of the same prescription, or a prescription that has expired<sup>4</sup>
3. Helps prevent misuse by children, teenagers and adults<sup>4</sup>

### HOW TO SAFELY DISPOSE OF PRESCRIPTION STIMULANTS

It is important to check your medication guide to ensure proper disposal to reduce the risk of unintentional use, misuse, abuse, or overdose. U.S. Food and Drug Administration recommends two options for properly disposing of prescription stimulants:<sup>5</sup>

1. Bring unused prescription stimulants to a drug take-back site
2. Throw away in household trash – but do so safely
3. Prescription stimulants are not recommended to be flushed down the toilet<sup>6</sup>

### DISPOSING OF PRESCRIPTION STIMULANTS OUTSIDE OF THE HOME

The best way to dispose of prescription stimulants is through drug take-back programs or registered collection sites<sup>7</sup>

### HOW TO FIND A TAKE-BACK PROGRAM

#### CALL

Contact your city or county government's household trash and recycling service to see if a take-back program is available<sup>7</sup>

### LOCATE

Use The National Association of Boards of Pharmacy's Drug Disposal [Locator Tool](#) to find a permanent collection site near you

### CHECK

Check with your pharmacist. Some pharmacies have mail-back programs and disposal kiosks for unused prescription stimulants<sup>8</sup>

### DISPOSING OF PRESCRIPTION STIMULANTS AT HOME

If there are no take-back programs available in your area and no specific disposal instructions with your prescription stimulants, the FDA recommends the following steps:<sup>7</sup>

#### DISCARD AND COMBINE

Remove prescription stimulants from their original container and mix with an undesirable substance such as kitty litter or used coffee grounds

**Why?** This method makes the prescription stimulants less appealing to children and unrecognizable to people who may intentionally go through the trash seeking prescription stimulants

#### DEPOSIT

Place the mixture in a container, can, sealed plastic bag or another container that will prevent the prescription stimulants from leaking or breaking out of the garbage bag

#### DISPOSE

Throw the bag or container into the trash

#### OTHER HOUSEHOLD DISPOSAL INSTRUCTIONS

To protect your identity, remove or scratch out all personal information on prescription stimulant label

<sup>1</sup> S.C. Department of Health and Environmental Control. Unwanted Medications. Unwanted Medications. <https://scdhec.gov/environment/recycling-waste-reduction/unwanted-medications>. Published 2018. Accessed July 29, 2019; <sup>2</sup> Prescription for Disaster: How Teens Abuse Medicine.; 2018. [https://www.dea.gov/sites/default/files/2018-11/DEA\\_PrescriptionForDisaster-2018ed\\_508.pdf](https://www.dea.gov/sites/default/files/2018-11/DEA_PrescriptionForDisaster-2018ed_508.pdf). Accessed July 2019; <sup>3</sup> Volk K. Teen Prescription Drug Misuse and Abuse. Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/teen-prescription-drug-misuse-abuse>. Published 2014. Accessed July 29, 2019; <sup>4</sup> U.S. EPA. How to Dispose of Medicines Properly. <https://www.epa.gov/sites/production/files/2015-06/documents/how-to-dispose-medicines.pdf>. Published April 2011. Accessed July 29, 2019; <sup>5</sup> U.S. FDA. Drug Disposal Options. U.S. Food & Drug Administration. <https://www.fda.gov/media/111887/download>. Accessed July 29, 2019; <sup>6</sup> U.S. FDA. List of medicines recommended for disposal by flushing. <https://www.fda.gov/media/109643/download>. Published April 2018. Accessed July 29, 2019; <sup>7</sup> U.S. FDA. How to Dispose of Unused Medicines. FDA Consumer Health Information. <https://www.fda.gov/media/74164/download>. Published December 2013. Accessed July 29, 2019; <sup>8</sup> How to Dispose of Unused Medicines. U.S. Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>. Accessed August 16, 2019.