



MEDICATION DISPOSAL GENERAL INFO

The Dunham Pharmacy accepts all non-controlled medications for disposal. You may bring non-controlled medications to the Pharmacy during normal business hours for disposal.

All pharmacies to include Dunham's are **prohibited** from accepting controlled substances for disposal.

The Drug Abuse Prevention and Control Act (CSA), of 1970, the Drug Enforcement Agency (DEA) letter and the Federal Register attachment on proposed rules for "Disposal of Controlled Substances, 2009, govern the prohibition of pharmacy take back of controlled substances.

- If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash **AFTER PROPER PREPARATION (DESCRIBED INSIDE)**
- Before throwing out a medicine container, scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give medications to friends. Doctors prescribe drugs based on a person's specific symptoms and medical history. A drug that works for you could be dangerous for someone else.
- When in doubt about proper disposal, talk to your pharmacist.

KEEPING YOUR FAMILY AND THE ENVIRONMENT SAFE FROM THE HAZARDS OF DISPOSED MEDICATIONS

Pharmacy Hours

0730-1630:
Monday, Wednesday, Friday

0730-1900: Tuesday

0730-1200: Thursday

For More Information

Webpage:
<http://dunham.narmc.amedd.army.mil>

Facebook:
<http://www.facebook.com/DUSAHC>

Twitter:
<http://www.twitter.com/dunhamhealth>

TRICARE On Line:
www.tricareonline.com



DUNHAM WANTS YOU SAFE

Dunham US Army Health Clinic



**“Medication Take Back Programs”
Understanding
Responsible & Safe Medication
Disposal**

Service to the Finest





Disposal techniques vary by medication and you should follow any specific disposal instructions on the drug label, patient information that accompanies the medication or information from this brochure.

To Dispose of in the Garbage:

- 1) Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.
- 2) Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.
- 3) Seal the plastic bag and put it in the trash.
- 4) Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

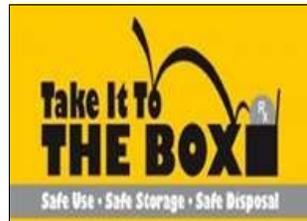


To Flush or Not to Flush?

The FDA recommends Disposal by Flushing of a small number of medications. A current list can be found at <http://www.smarxtdisposal.net/> (i.e. Oxycontin, Percocet) along with additional medication specific disposal information. You are also encouraged to dispose of medications through community take back programs.

Community and National Medication Take Back Events

Carlisle Barracks Army Substance Abuse Program partners with the Cumberland/Perry County Drug & Alcohol Commission, Prevention Coalition Committee in sponsoring the Medication Take Back Program, twice a year. Check the Dunham Face book Page, Website, Carlisle Barracks Website and the Banner for specific dates.



**Clean Out Your
MEDICINE
Cabinet!**

Safe Disposal of Unused Medication protects family members and the environment.

Abuse of prescription drugs commonly found in homes is on the rise amongst young adults and teenagers. Removing expired and unused medication from the home helps prevent abuse.

Common practices of flushing medications down drain or toilet are an emerging issue as studies show trace amounts of pharmaceuticals in drinking water supplies across the country.

Pharmaceuticals have also been found in environmental waters. Research is being conducted now to determine the effects on wildlife.

Disposal techniques vary by medication and people should follow any specific disposal instructions on the drug label or patient information that accompanies the medication.

You can also follow the directions as provided in this brochure.

