



Volume 4, Issue 12

# Email Alert

October 6, 2009



Updating you about current events in the battle against addictions

## Safe Disposal of Prescription Medications

When you get a prescription you should always follow your doctor's orders on how to use it. That usually means you should use up all of the medication. However, in some cases people do find themselves with "extras" and some may wonder how to properly dispose of them. Improper disposal of unused or expired prescription medications can contribute to abuse, accidental ingestion and environmental contamination.

The US Food and Drug Administration and the White House Office of National Drug Control Policy have worked together to develop a guide for the proper disposal of unused or expired prescription medications. Here is a brief summary of the guidelines:

Follow any specific disposal instructions on drug label or patient information packet. *Some medications, like fentanyl patches specifically say they should be flushed down the toilet*

If no specific instructions are given, you can throw them in the trash *BUT FIRST* take them out of their original containers and mix them with undesirable items like used coffee grounds or cat litter then put them in a sealed bag or other container.

Check to see if your community has a drug take-back program which allows residents to bring unused drugs to a central location for proper disposal.

*For more information about proper disposal visit the FDA website at:  
[www.fda.gov/consumer/updates/drug\\_disposal1062308.html](http://www.fda.gov/consumer/updates/drug_disposal1062308.html)*

## **October is National Medicine Abuse Awareness Month.**

*Throughout the month, SERAC will be hosting  
Prescription Medicine Take Back Events  
in the following communities.*

### **Montville**

Thursday October 22  
9am-1pm  
Montville Senior Center

### **Stonington**

Tuesday October 20  
9am – 12noon  
Stonington Human Services

### **Norwich**

Wednesday October 28  
12:30pm- 4pm  
Norwich Recreation Department

### **Colchester**

Wednesday October 21  
3pm - 7pm  
Colchester Town Hall

*For more information about Take Back Events, call SERAC at (860) 848-2800*

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