

Did you know?..... **RX** Information from Jenny

PROPER DISPOSAL OF PRESCRIPTION DRUGS

Reports of trace amounts of pharmaceuticals in our water supply are getting a lot of press. Investigators are finding hormones, antibiotics, heart medicines, antidepressants and others in our drinking water. There's a lot of discussion about whether this is hazardous to humans and wildlife, or if the amounts are not enough for concern. Some authorities are reassuring the public that the amounts are miniscule and not enough to have any effects on health. But, some toxicologists say these contaminants could affect fish and wildlife and contribute to antibiotic resistance. These medicines get into the water supply either as human waste or when drugs are flushed directly down the toilet. As a reminder, you do NOT want to flush MOST unwanted medications. An exception is controlled substances. Some of these should be flushed to avoid diversion.

Here are some guidelines regarding disposal of prescription drugs:

- Take unused, unneeded or expired prescription drugs out of their original containers. Mix them with an undesirable substance, such as used coffee grounds or kitty litter, and put them in impermeable, non-descript containers, such as empty cans or sealable bags. Then, throw them in the trash. This will further ensure the drugs are not diverted.
- Flush prescription drugs down the toilet *only* if the label or accompanying patient information specifically instructs doing so. The following drugs SHOULD be flushed: Actiq, Daytrana, Duragesic, Oxycontin, Avinza, Tequin, Zerit, Meperidine and Percocet
- Take advantage of community pharmaceutical take-back programs or solid-waste programs that allow the public to bring unused drugs to a central location for proper disposal.
- Most local pharmacies will also take back unused drugs and dispose of them properly.

Please feel free to call me with questions anytime!

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