How to Safely Dispose of Expired or Unwanted Medicine

**Disposal Kiosk Sites**
Many pharmacies and law enforcement agencies have disposal kiosks where you can get rid of unwanted, unused, or expired over-the-counter (OTC) and prescription medicines. To find a kiosk site near you, check out this locator on MyOldMeds.com.

**In-Home Disposal**
If there is not a kiosk located near you, follow these simple steps to dispose of OTC and most prescription medicines in your household trash:

1. **MIX**
   - Remove the medicines from their original containers* and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter.

2. **SEAL**
   - Put the mixture in something you can close, like a sealed plastic bag.

3. **THROW**
   - Throw the container in the trash.

* Be sure to scratch out all your personal information on the empty medicine packaging or bottle to protect your identity and privacy before throwing it away.

**Should My Medicine Be Flushed?**
The U.S. Food & Drug Administration (FDA) has a flush list for specific medicines that should be flushed down the toilet if a disposal kiosk is not available. View the list on FDA’s website.