

## Prescription Drug Collection & Proper Disposal

A permanent drop-box location is available year-round, 24 hours a day at

**CT State Police Troop F**  
**315 Spencer Plains Rd., Westbrook, CT**

What CAN and CANNOT be discarded in local medication drop-boxes	
<b>YES:</b>	<ul style="list-style-type: none"><li>• Over-the-counter medications</li><li>• Prescription medications</li><li>• Medication samples</li><li>• Medications for household pets</li><li>• Medicated lotions or ointments</li></ul>
<b>NO:</b>	<ul style="list-style-type: none"><li>• Needles or other "sharps"</li><li>• Hazardous waste</li><li>• Thermometers</li><li>• Personal care products (shampoo, etc.)</li></ul>

### Other Safe options:

Dispose of drugs in your household trash by doing the following:

1. **Keep the medication in its original container.** Use a permanent marker or duct tape to cross out your personal information, or remove the label.
2. **Make medication less appealing.** Mix your drugs (liquid or pills) with hot water to dissolve them. Add an undesirable substance, such as salt, ashes, saw dust, used coffee grounds or kitty litter.
3. **Contain and seal.** Place it inside a container such as an empty yogurt or margarine tub to ensure that the contents cannot be seen and tape it shut.
4. **Throw out the container in your trash can.** Do not put the container in your recycling bin!

### Public Service Announcements (TV and Radio)

- [Dr. Richard Kamin talks about Prescription Drug Abuse](#) - 20 seconds (WMV)
- [Parents](#) - 60 seconds (MP3)
- [Dr. Richard Kamin talks about Prescription Drug Abuse](#) - 60 seconds (MP3)

### Other Methods

- **Local Drug Take Back Events**
  - Contact the Prescription Monitoring Program at (860) 713-6073 or visit the [household drug take back program](#) web page to find out if there is an event taking place near you. While waiting for a collection event, keep all medications in a safe, secure place in your home out of reach of children.
  - If your business or organization is interested in establishing a household drug take back program, the [Household Drug Take Back Planning Guide](#) (pdf, 146KB) will provide you with all the information you need.
    - [Sample Fillable Flyer to promote a drug disposal event](#) (pdf, 159KB)

- [Sample controlled substance inventory sheet](#) (pdf, 7KB)
- [Sample non-controlled substance inventory sheets](#) (pdf, 7KB)
- [Drug Enforcement Administration Take Back](#)
- [Collection of Over-The Counter \(OTC\) Products](#)

## Why Not Flush?

Flushed medications can get into our lakes, rivers and streams. Research has shown that continuous exposure to low levels of medications has altered the behavior and physiology of fish and aquatic organisms.

Pharmaceuticals enter our wastewater from a variety of sources, including the flushing of unused medications. A nationwide study done in 1999 and 2000 by the United States Geological Survey (USGS) found low levels of drugs such as antibiotics, hormones, contraceptives and steroids in 80% of the rivers and streams tested.

## Sharps (Needles/Syringes)

Sharps used at home are not regulated as biomedical waste. However, throwing them in the household trash or flushing them down the toilet presents serious risks for both you and others who may come in contact with such items. Improper disposal of sharps can lead to:

- Needle-stick injuries that cause infection and spread disease;
- Injuries to curious children, waste haulers, recycling workers, and animals; or
- Needles washing up on our beaches and riverbanks.

Instead, the DEEP recommends checking with your supplier (i.e. your physician, local hospital, or pharmacy) to see if they are willing to accept properly packaged used sharps. Some companies offer mail-back disposal services to their customers. See DEEP's "[Sharps" Brochure](#) for more detail on proper sharps disposal.




To properly dispose of sharps/needles:

- Seal them in rigid, puncture-resistant containers that you can't see through (i.e. bleach or detergent bottles, coffee cans, etc.);
- Label the containers "Do Not Recycle;" and
- Reinforce containers with heavy-duty tape before throwing them in your household trash.

[Sharps Disposal Brochure](#)

For more information, please call (860) 713-6073 or e-mail us at [DCP.prescriptions@ct.gov](mailto:DCP.prescriptions@ct.gov).

## Additional Resources:

- [What Parents Need to Know About Prescription Drugs](#) (pdf, 278KB)
- [How to Dispose of Prescription Medicines and Over-the-Counter Products](#) (pdf, 64KB)
- [Department of Energy and Environmental Protection](#)
- [Medication Drop-Box Program - Local Disposal of Unused, Unwanted or Expired Meds](#) 
- [Keeping Medications Secure](#) 
- [Mantenga los Medicamentos Seguros](#) - Spanish 
- [Safe Storage and Disposal of Prescription Medication](#) 