



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

# ***DON'T FLUSH***

unwanted household medications  
or pour them down the drain.

## **Keep North Dakota's Water Clean!**

Flushing or trash disposal of unused and unwanted medications can cause pollution of lakes, streams and water supplies.

### ***What to do...***

- » **Follow these steps for proper trash disposal.** (Use the same steps for the disposal of narcotics and other controlled substances.)
  - o **Remove** medications from their containers.
  - o **Mix** them with an undesirable substance like kitty litter or used coffee grounds.
  - o **Conceal or remove** personal information, including Rx number, on the empty medicine containers by covering it with black permanent marker or by scratching it off.
  - o **Wrap** the medication mixture and the empty containers in newspaper to help conceal them from children and pets and place them in the trash.
  
- » **Whenever possible**, return medications at take-back events or participating pharmacies:  
[http://www.disposemyeds.org/index.php/  
pharmacy-locator](http://www.disposemyeds.org/index.php/pharmacy-locator)

For more information,  
visit <http://www.ndhealth.gov/wm>

