



Goodwin House  
Bailey's Crossroads

## **DISPOSING OF MEDICATIONS**

Medications you no longer use or which are expired should be disposed of in a responsible way. **Do NOT flush them down the toilet.**

### **THE SIMPLEST WAY TO DISPOSE OF MOST MEDICATIONS**

**Almost all medicines can be thrown into your household trash.** These include prescription and over-the-counter (OTC) drugs in pills, liquids, drops, patches, and creams.

Follow these steps:

1. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.
4. Black out with a permanent Sharpie all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away or recycle if plastic or paper.

From the Virginia Department of Behavioral Health and Development Services.

[drug-disposal-alert-detailed.pdf \(virginia.gov\)](#)

[Where and How to Dispose of Unused Medicines | FDA](#)

## **THE SIMPLEST WAY TO DISPOSE OF NEEDLES/SHARPS**

**Sharps/needles** should be put into a sharps plastic container (available for sale from Goodwin House Alexandria CVS Pharmacy, pharmacies, medical supply companies and on-line or contact the drug manufacturer, e.g., AMGEN, Novo-Nordisk, Eli Lilly Customer Service to obtain free red sharp box and return postage paid mailing box) or into an empty plastic laundry detergent container labeled as a "sharp's container". It is safest to put the needle and syringe into the container without taking them apart. This is to avoid needle sticks. Once the container is  $\frac{3}{4}$  full, cap it tightly and discard in the garbage/trash. Do NOT put separate needles or sharps into the trash. They need to go into a thick-walled plastic container to prevent accidental needle sticks, cuts and punctures which could lead to serious infections.

WHAT OTHER PLACES CAN YOU SAFELY DISPOSE OF OUT-OF-DATE MEDICATIONS, UNUSED MEDICATIONS AND PET MEDICATIONS?

Goodwin House Alexandria CVS pharmacy (Meg Kophazi) **does not accept medications for disposal.**

**Inhalers** can be put into the box in the Resident Business Center. If the inhaler is made up of a metal cannister and a plastic piece, you can separate the components, only putting

the metal cannister into the bin. The plastic component can be put into a recycling bin. If you cannot separate the components, please put the entire inhaler into the bin. A resident volunteer will take them to a Safeway or to Walgreens store for disposal. The paper instructions and box can go into paper recycling.

**Consumer Take Back containers can be found at the following, PAY CLOSE ATTENTION TO WHAT THEY WILL AND WILL NOT ACCEPT:**

**All Safeway pharmacies**

There is a metal box labeled "Consumer Take Back" (see picture below). **They take** unused and expired medications **inclusive of** Schedule II-V controlled substances, over the counter medications (those not requiring a prescription) and medications for pets. **Inclusive of** pills, capsules, ointments, inhalers and liquid medications. The drawer in which the medications are placed may be locked to prevent trash from going into the container. Ask a pharmacy person to unlock it for you. The closest Safeway is at 6118 Arlington Blvd, in the Willston Center II Shopping Center at Patrick Henry Drive and Rt.50 (Arlington Blvd).

They **do not take** Schedule I medications (for definition of Scheduled medications, see the bottom of this document), illegal drugs, mercury containing thermometers, needles and aerosol cans other than inhalers for COPD/asthma (Aerosol cans can be recycled in the GHBC Resident Business Office. They **do not take** herbal remedies, vitamin supplements, cosmetics, personal care items, batteries, or medical devices.



### **Mason District Governmental Center,**

6507 Columbia Pike, Annandale, VA 22003, 703-256-8035

The green box is to your right as you enter the lobby. There are tissue wipes on the left side of the container which have to be used to open the door.

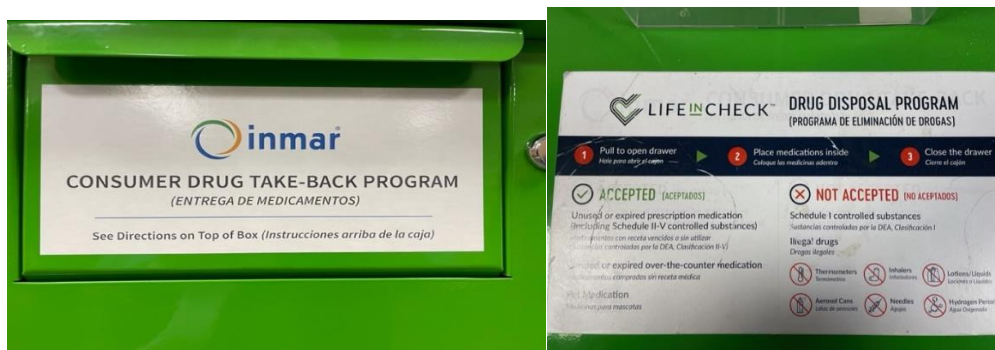
Mason District **does not take** liquids, needles, illegal drugs, medications from businesses or clinics, non-prescription ointments, lotions or Inhalers. No aerosol cans (these can be recycled in our Resident Business Center).

### **Virginia Hospital Center,**

Outpatient Pharmacy, 1635 North George Mason Drive, Arlington, VA 22205, 703-558-5000. Follow signs to pharmacy. Pharmacy is open from 8 AM-8 PM, Monday to Friday.

**Accepts:** Unused or expired over the counter medications (OTC) and Schedule II-V controlled substances.

They **do not accept** Inhalers, aerosol cans, mercury thermometers, lotions, liquids, needles or hydrogen peroxide.

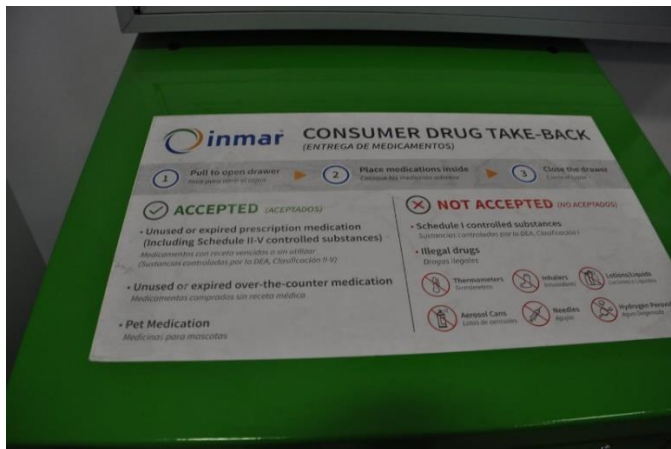


## **Inova Fairfax Hospital Pharmacy plus**

3300 Gallows Road, Falls Church, VA 22042, 703-776-8250  
Inside and to the right of the door to the Inova Heart and Vascular Institute.

**Does take:** Expired or unused prescription medications, over-the-counter (OTC) medications and pet medications.

**Does not take:** inhalers, thermometers, lotions, liquids, aerosol cans, needles or hydrogen peroxide.



**Kaiser Permanente (KP)**, Tysons Corner Medical Center, 8008 West Park Drive, McLean, VA 22102, 703-287-6400. Container is in the Pharmacy and available 24 hours a day.

**No medication** take back at KP Falls Church or KP Springfield Medical Centers, but these pharmacies can give you a "Seal and Send" container.

Kaiser Permanente Care at Tysons **does not take** back inhalers, needles, sharps, non-pharmaceuticals such as thermometers. No hydrogen peroxide.



## **Walgreens,**

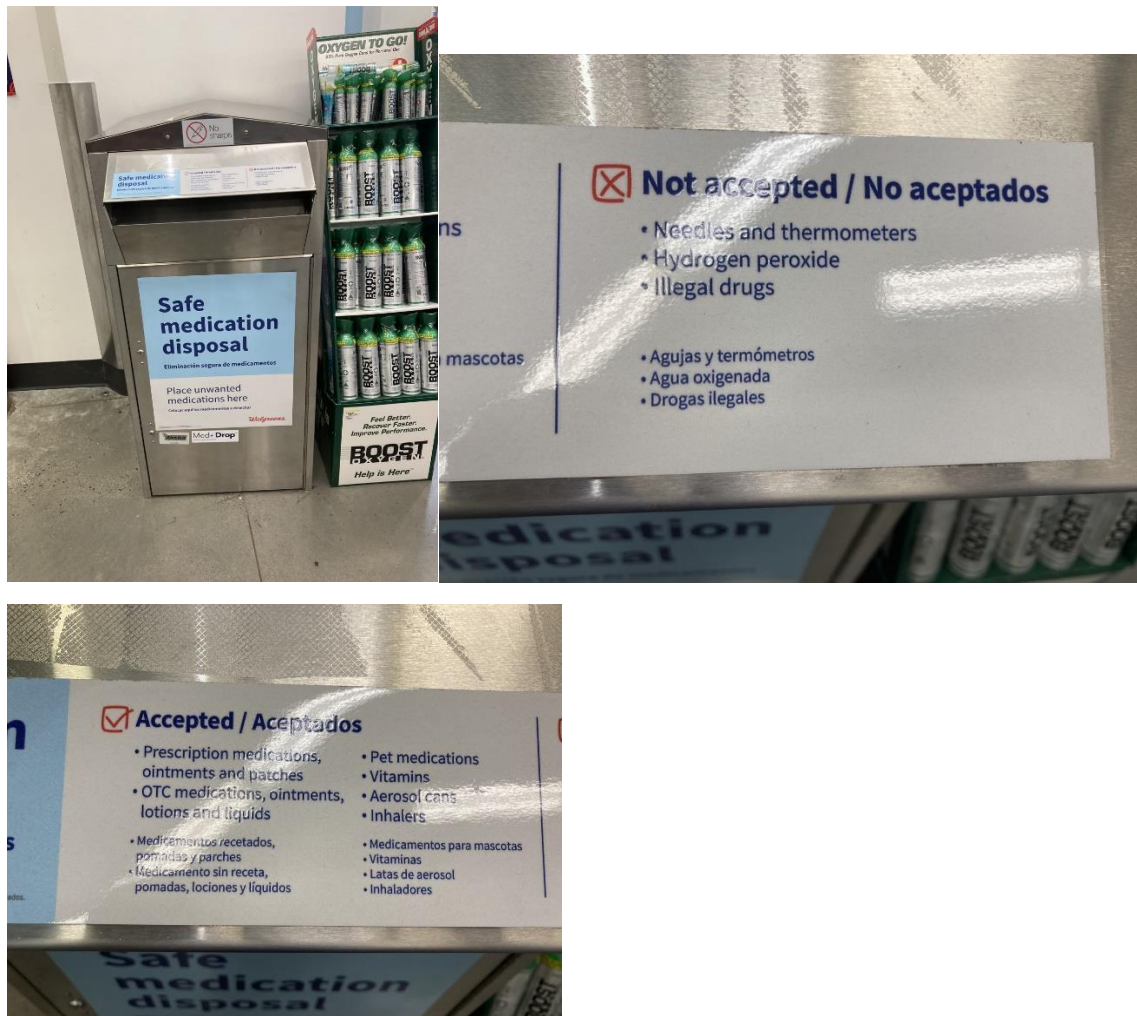
4300 Backlick Road, Annandale, VA 22003, 703-813-6050

Other Walgreens **do not** have a "Safe Medication Disposal" box.

**Accepts:** Prescription medications, ointments, and patches. Also over the counter (OTC) medications, ointments, lotions and liquids. Also vitamins, aerosol cans, inhalers and pet medications.

**Does Not Accept:** needles, thermometers, hydrogen peroxide and illegal drugs.





**Andrew Rader U.S. Army Health Clinic pharmacy** at Ft. Myer, 401 Carpenter Rd. Ft. Myer, VA 22211, 703-696-3447

## **Rader Clinic**

Open Monday-Friday from 7:30 AM to 3:30 PM. Closed on weekends, holidays, and designated training holidays. Closed also on the first Wednesday of every month except December and January for training. The MedSafe is located on the first floor of Rader Clinic in the pharmacy waiting area. If you have a question as to what medications/substances can be disposed of



in the MedSafe, please call 703-696-3540. See the specific pages in the Medication book in the Resident Business Office at Goodwin House Bailey's Crossroads.

The **MedSafe takes** schedule II-V Controlled substances, prescription medications, over-the-counter medications, vitamins, medicated lotions/ointments, liquid medications in a leak-proof bag, transdermal patches.

**NOT accepted:** needles, sharps, inhalers, thermometers, contraband drugs, infectious and medical wastes, personal care items, hydrogen peroxide, aerosol cans, business waste.



## **DEFINITIONS:**

Schedule I substances are defined as substances with a high probability of abuse with no medically accepted use in the USA. Examples: LSD, Cannabis, Peyote, Fentanyl related substances, Ecstasy, Quaalude, heroin.

Schedule II-V substances are defined as substances with high (II) to lower potential for abuse (V). They have acceptable medical uses in the USA and are less likely to cause physical or physiological dependence. Examples of Schedule II are cocaine, methadone, OxyContin, Vicodin, Adderall and Ritalin. Examples of Schedule III are Testosterone, Ketamine, codeine, Schedule

IV such as Ativan, Valium, Xanax, Ambien, Darvon, Tramadol. Schedule V includes Lomotil and Lyrica.

#### References:

1. [Where and How to Dispose of Unused Medicines | FDA](#)
2. [Disposal of Unused Medicines: What You Should Know | FDA](#)
3. [Drug Disposal: Dispose "Non-Flush List" Medicine in Trash | FDA](#)

[Document put together with the aid of Eleanor Lewis, Anne and Neale Baxter, Randy Butler, Mike Molino, Margaret Sullivan, Jennifer Frum and Nancy DeMarco. A big \*\*"THANK YOU"\*\* to all of them.](#)

RJK 8-17-2023

IF YOU WOULD LIKE A PAPER COPY OF THIS DOCUMENT, PLEASE CONTACT ELEANOR LEWIS, APARTMENT 734, EXTENSION 7491 IN GHBC.