

## **GOODWIN HOUSE BAILEY'S CROSSROADS**

### **HOW TO SAFELY DISPOSE OF UNWANTED HUMAN AND PET MEDICATIONS**

Medications you no longer use or are expired should be disposed of in a responsible way.

#### **DO NOT FLUSH THEM DOWN THE SINK OR TOILET!**

The simplest way to dispose of most medications. These include prescription and over-the-counter (OTC)) drugs in pills, liquids, drops, patches and creams. You can throw them in the trash if you follow the instructions below.

- 1) Remove the drugs from their original containers
- 2) Put them into something you can close such as a resealable zipper storage bag, empty can with a top so that the drugs can not leak out
- 3) Mix them with something undesirable, such as used coffee grounds, cat litter or dirt. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
- 4) Close the container
- 5) Dispose of the container in the garbage/trash
- 6) Scratch with scissors or knife or black out your personal information on the empty medicine packaging to protect your identity and privacy. Recycle the packaging and any recyclable plastic. [Disposal of Unused Medicines: What You Should Know | FDA](#)

#### **HOW TO DISPOSE OF NEEDLES AND SHARP ITEMS (lancets, infusion sets, auto-injectors)**

Goodwin House Alexandria CVS pharmacy (Meg Kophazi) sells sharp containers, but does not accept them for disposal.

- 1) Use a purchased Sharp Container (pharmacies, medical supply companies and on-line) or a thick-walled laundry detergent container or "Clorox" bottle. Label it "Sharps container"
- 2) Put the entire needle-syringe into the container. Do not attempt to recap the needle or sharp as you are likely to hurt yourself.
- 3) Once the container is about  $\frac{3}{4}$  full, tightly cap it
- 4) Discard in the trash/garbage

[How to Dispose of Sharps \(Needles & Syringes\) - Bing video](#)  
[Best Way to Get Rid of Used Needles and Other Sharps | FDA](#)

For more information about disposing of medications at various places nearby, please see the Medication Binder in the Resident Business Office close to the staplers and hole punchers.

Some but not all medications can be disposed at the following local pharmacies:

- 1) All Safeway Pharmacies
- 2) Mason District Governmental Center
- 3) Virginia Hospital Center
- 4) Inova Fairfax Hospital
- 5) Kaiser Permanente at Tysons only
- 6) Walgreens at 4300 Backlick Rd., Annandale
- 7) Rader Clinic at Ft. Meyer

Not all of these pharmacies take back everything. The Green Team is working on a document which lists what and what is not taken back at each facility. This document should be available soon.

Green Team/RJK 8-7-23