



## Tuesday's Tip

*information provided by Adriaance Memorial Library to make your life a little bit easier . . . .*

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### Medication Disposal

January 16, 2018

To help prevent medications from falling into the wrong hands, and to help protect the environment, it is important to properly dispose of unwanted or expired medicines.

The best way to dispose of such medications is to take them to a medical drop box.

All five counties in the MHLS area have drop box locations:

Columbia County Department of Health – Medication Drop Boxes

<https://sites.google.com/a/columbiacountyny.com/health/medication-drop-boxes>

Dutchess County Medication Disposal

<http://www.co.dutchess.ny.us/CountyGov/Departments/dbch/23727.htm>

Greene County Rural Health Network – Medication Drop Boxes

<https://www.greenehealthnetwork.com/medication-drop-boxes/>

Putnam County Sheriff's Office – Drug Drop Off Box

<http://www.sheriffoff.com/drug-drop-off-box/>

Ulster County Resource Recovery Agency (Click "Services", then "Pharmaceutical Waste")

<http://www.ucrra.org>

The drop box located at the Town of Poughkeepsie Police Department (19 Tucker Drive) has these instructions:

- Medicines deposited into the drop boxes should be wrapped/sealed in plastic bags.
- Any unused prescription medications, medicated ointments, over the counter medications, and inhalers may be disposed of.
- Hazardous materials and needles are not accepted and Pharmacies and medical providers are not allowed to take part in the program.

Another sign gives additional instructions:

- You must place or pour all medication in a sealed plastic bag before placing it in the drop box.
- Do not discard your plastic prescription bottle in the drop box.
- Do not place needles or syringes in the drop box.

(In case there are no plastic bags at the drop box, you might want to package the medicines at home into plastic bags.)

To dispose of medications in household trash, follow these instructions (as listed on the Dutchess County web site):

**At-home drug disposal** ([.pdf from the FDA](#))

- Remove prescription drugs from their original containers.
- Mix the drugs with an undesirable substance, such as cat litter or used coffee grounds.
- Put the mixture in a disposable container with a lid or a sealable bag.
- Conceal or remove any personal information, including Rx number, on the empty containers.
- Put the sealed container with the drug mixture in the trash. Empty prescription bottles with recycle symbols may be placed with other recyclable materials for collection.

Also, New York State's Department of Health maintains a web site with links to local drop box locations:

[Medication Drop Boxes by County](#)

[https://www.health.ny.gov/professionals/narcotic/medication\\_drop\\_boxes/](https://www.health.ny.gov/professionals/narcotic/medication_drop_boxes/)