

## Why should I manage my medication waste properly?

- Expired or damaged medication (e.g. change in smell or appearance) is not safe for use.
- Medication waste left around the house can cause harm to children or pets if accidentally consumed.
- Improperly disposed medication may be misused by others.
- Improper medication disposal could pollute the environment.

## How can I reduce my medication waste?

- Keep track of how much medication you have left and inform the Pharmacy staff when collecting more medication.
- Collect only the medication that you need.
- Collect enough medication to last until your next appointment.
- Store medication as instructed to prevent medication from going bad.

**If in doubt,  
ask your  
pharmacist!**



## How should I throw different types of medication at home?



### Solid/Semi-solid

e.g. tablets, creams



- Dispose with household rubbish.

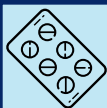


### Liquids

e.g. cough syrup



- Pour the liquid onto an absorbent material like newspaper or tissue, then dispose with household rubbish

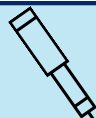


### Packaging

e.g. blister packs, boxes, bottles



- Ensure paper/plastic/glass containers are clean before recycling.
- Dispose all other types of packaging with household rubbish.



### Needles/Syringes

e.g. insulin pen



- Put the needles and syringes into a sharps container or a hard plastic bottle (e.g. milk jug, fruit juice bottles).
- Cover the sharps container/bottle, then dispose with household rubbish.

# Check, Sort, Dispose!

**A guide to disposing your medication safely**



Department of Pharmacy  
and Pharmaceutical Sciences  
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# 1 Check

the medication you have

Medication that is:

- Expired
- Cannot be identified
- No longer needed
- Damaged  
(e.g. change in colour, smell, consistency)

are considered  
medication waste for  
disposal



# 2 Sort

the medication to dispose

To return to Pharmacy  
for safe disposal:

- Anti-cancer medication
- Antibiotics
- Medicines that can be misused  
(e.g. fentanyl, morphine)

To dispose at home:

All other medication,  
excluding the examples above. e.g.

- Painkillers
- Antacids
- Fever medicine
- Creams
- Diarrhea medicine
- Ointments



# 3 Dispose

the sorted medication

Remove all personal details

(e.g. name, NRIC number)

before disposal/return.

You can tear off part of the label or  
block these details out with a  
dark colored marker.

Returning to Pharmacy:

- Keep the medication name visible
- Pass to a pharmacist

At home:

- Dispose based on medication type.  
\* Refer to the next page for examples

How to block out personal details:

KEEP AWAY FROM CHILDREN

Paracetamol 500mg Tab (30 Tab)

TAKE 2 TABLETS EVERY 6 HOURS AS NEEDED.  
For fever/pain

Name: [REDACTED]

NRIC: [REDACTED]

8 Mar 2024

KNOW YOUR MEDICINES PHARMACY  
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