

Check, Sort, Dispose!

A guide to disposing your medication safely



How should I throw different types of medication at home?



Solid/Semi-solid

e.g. tablets, creams



- Dispose with household rubbish.

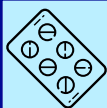


Liquids

e.g. cough syrup

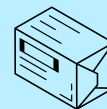


- Pour the liquid onto an absorbent material like newspaper or tissue, then dispose with household rubbish

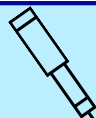


Packaging

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.

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!



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]

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KNOW YOUR MEDICINES PHARMACY
MEDICINE ROAD S(123456) TEL:12345678