What can you do to help?

REDUCE pharmaceutical waste

• Talk to your pharmacist about your medications to ensure they are taken as prescribed by your practitioner.
• Only take medications that have been prescribed for your use.
• When trying a new medication, ask your doctor to prescribe a limited quantity to see if it will work for you.
• For more ideas, go to the DNR website http://dnr.wi.gov and search for “health care waste” then, under the Household Health Care Waste section, click on “Pharmaceuticals.”

STORE and DISPOSE of pharmaceuticals properly

• Secure all medications to protect children and pets.
• Do not flush medications or burn them in burn barrels.
• Take your unwanted medications to a local medication collection. Ask your pharmacist for locations or search the Wisconsin list at http://shwec.uwm.edu/collections/
• If a local collection site is not available, remove or mark out personal information, mix with kitty litter or coffee grounds, seal in a container such as a coffee can, and dispose in the trash.
• Do not put sharps in the trash; this is illegal in Wisconsin. For disposal options, go to http://dnr.wi.gov and search for “health care waste”, then under the Household section, click on “Medical sharps.”