

# Don't Flush Trouble!



**It's a toilet, not a trash can.  
These items belong in the trash.**



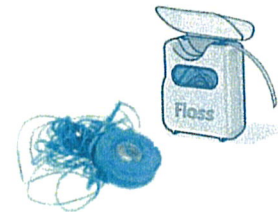
Cleaning wipes / Leftover Cleaners



Cigarette Butts



Moistened Wipes  
(face, hands, etc)



Dental Floss



Feminine Products



Bandages



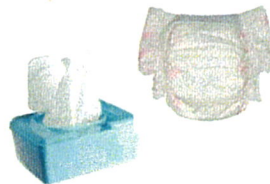
Hair



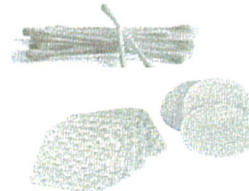
Condoms & Wrappers



Medications



Diapers and Baby Wipes



Cotton Swabs and Swipes



Cat Litter



Cooking Fats, Oils, Grease

**The label might say "flushable" but disposable wipes and other products are clogging sewer pipes and damaging pumps and aerators. These problems can also cause raw sewage overflows into homes, businesses, and waterways. Plus, they are expensive to fix and cost us all big bucks!**



Going Green Keeps Water Clean. River Smart is led cooperatively by Housatonic Valley Association, Pomperaug River Watershed Coalition, Kent Land Trust, Weantinoge Heritage Trust, Rivers Alliance of Connecticut, and the Farmington River Watershed Association. The River Smart initiative was made possible through generous grant support from Connecticut Community Foundation, Ellen Knowles Harcourt Foundation, LUSH Cosmetics' Charity Pot Program, Council of Governments of Naugatuck Valley, and the Merchant of New Preston Village. Publication Date: January 2015.



# How to Dispose of Unwanted Medications



**Are you throwing unused medications and over-the-counter products down the toilet or the sink? STOP!**

*Flushing medications down the toilet or sink causes water pollution, impacts drinking water and has adverse effects on septic systems, fish and aquatic life.*

## **Safe Ways To Dispose Of Medications And OTC Products Include:**

1. Follow the **directions, below** and **put them in the trash.**
2. See if your **pharmacy** has a low-cost **disposal envelope** to **send away** (CVS, Walgreens and Rite-Aid all do).
3. Find out if the **local police** department has a **locked drug drop box.**
4. Bring them to a **one-day collection.**

## **Directions on how to throw away in trash:**

1. **Keep medication in its original container. Cross out patient's name or remove label.**



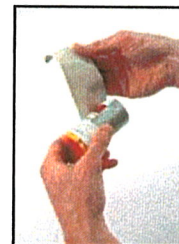
2. **Modify the medications to discourage consumption.**



- For **pills or capsules**: add a small amount of water to partially dissolve them.
- For **liquid medications**: add salt, flour, charcoal, kitty litter or a powdered spice to make a pungent, unsightly mixture that discourages anyone from eating it.
- For **blister packs**: wrap pack containing pills in multiple layers of duct tape.

3. **Seal and conceal.**

- Tape medicine container lid shut with packing / duct tape.
- Place inside a non-transparent bag or container so it cannot be seen (i.e., an empty yogurt or margarine tub).
- **Do not** conceal medicines in food products because animals could inadvertently consume them.



4. **Discard the container in your trash can. *Do not put container in your recycling bin!***

**NOTE: Certain chemotherapy drugs may require special handling, so check with your healthcare provider or pharmacist.**

For more information, go to [www.ct.gov/deep/medsdisposal](http://www.ct.gov/deep/medsdisposal), or contact:  
CT Department of Energy & Environmental Protection, Office of Pollution Prevention, (860) 424-3297 [www.ct.gov/dep/p2](http://www.ct.gov/dep/p2)

*Thanks to Minnesota Office of Environmental Assistance for permission to use parts of their brochure and the CT Department of Consumer Protection for their assistance.*