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## [Mind Your Meds: Safe Opioid Medication Use and Disposal](#)

Learn how to safely dispose of opioids and other pain medication in this guide for caregivers and older adults.

Image



Using pain medication safely and getting rid of the medications when you are done with them is an essential part of your health care.

Become more confident managing your pain medications by watching this program – designed especially for caregivers and older adults like you.

Safe use and disposal of pain medications protects you and those you care about, as well as your community. Let's do this together!

## **Mind Your Meds in 4 Steps!**

Educate yourself and your loved ones on this vital topic in four easy steps.

◆ **STEP 1: Watch the “Mind Your Meds” presentation. *Click on the arrow play button below* ►**

◆ **STEP 2: [Provide us with some feedback](#) and enter to win a \$75 Amazon gift card!**

◆ **STEP 3: Use what you've learned to assess and clean out your medicine cabinet.**

- Review the [FDA Drug Disposal Options](#)
- [Check your Zip Code for Drug Take Back Options](#) (Drugs not OK to Flush)
- [FDA Flush List](#) (Drugs that are OK to Flush)
- [Dispose "Non-Flush List" Medicine in Trash](#) (Infographic below)

Follow these simple steps to dispose of medicines in the household trash

## MIX

Mix medicines (do not crush tablets or capsules) **with an unpalatable substance** such as dirt, cat litter, or used coffee grounds;



## PLACE

Place the mixture **in a container** such as a sealed plastic bag;



## THROW

Throw the container **in your household trash**;



## SCRATCH OUT

Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.



- ◆ STEP 4: Tell a friend about the "Mind Your Meds" program!

### Helpful Resources

- [Medication Log](#)
  - [Be Prepared for Medical Appointments - Build Your Question List](#)
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This initiative is a partnership of Health Quality Innovators (HQI) and the Virginia Geriatric Education Center, Virginia Commonwealth University.



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