## Nutrition & Wellness for Life © 2012 Chapter 19: Prescription Drug Disposal—Environmental Activity

Many medicine cabinets in the United States contain prescription drugs that are no longer needed. They may be unused or past their expiration dates. How should people dispose of these medications? Although throwing the drugs into toilets and drains has been considered acceptable in the past, more recent thinking says otherwise.

Concerns are growing about how drug disposal methods may impact the environment and, in turn, humans. Researchers are looking for answers. Read the directives provided on the Web site below to get the most current thinking on how to dispose of prescription drugs. Then answer the questions that follow.

http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip\_disposal.pdf

## **Activity Questions:**

1. What governmental body issued recent guidelines on prescription drug disposal?

2. What should be done with unused, unneeded, or expired prescription drugs?

3. Can prescription drugs be flushed down the toilet or drain?

4. What other option is there for disposing of prescription drugs?