



دائرة الصحة  
DEPARTMENT OF HEALTH



## Safe disposal of unused medicines at home

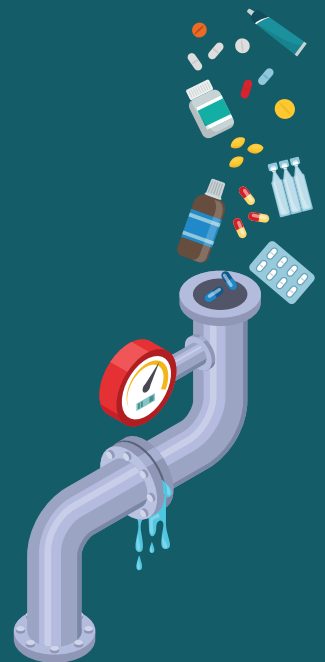
You can reach out to us at our toll free number 800 - 424 (Sunday to Thursday 7 am - 3 pm)  
or via email at: [DIS@doh.gov.ae](mailto:DIS@doh.gov.ae)

Unused or expired medicines in the home are a public safety issue, which could potentially lead to accidental poisoning, misuse and overdose in both adults and children. Education and instruction on the proper disposal of unused medicine is vital to ensuring patient safety and protecting the environment.



Storing unused or expired medicines at home can be risky. As expired medicines may no longer be safe or effective for use and stocking unused medicines may increase the possibility of misuse or accidental poisonings among children and adult.

Flushing medicines down the toilet or drain is not advisable for most medicines. Sewage systems are not designed or intended for the wastage of medicines. Doing so could lead to the presence of these chemical compounds in the ground water, which would exert a negative impact on public health and environment.



**It is the responsibility of all individuals to ensure the proper disposal of medicinal products.**

- Safe disposal of unused medicines at home



Some hospitals offer programs or services to take back expired or unused medicines from the public to provide a safe and effective means of disposal. If you are unable to access these hospitals, or if such a service is not available near you, then you may dispose of any unwanted medicines in your own home by adhering to the following instructions:

### Proper disposal of unused medicines:



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If no instructions are given on the patient leaflet, then you can throw the medicines in the household trash, but remember to do the following:



For solid (pills, capsules, and tablets) take them out of their original containers and mix them an undesirable substance such as used coffee grounds.



For liquids: pour over paper towels. Put the resulting substance in a re-sealable plastic bag, empty can or other container to prevent the medicine from leaking or spilling out and to prevent accidental poisoning of children and pets.

### Additional Tips:



Before throwing out a medicine container, scratch out any personal information on the label to make it unreadable. This will help protect your identity and the privacy of your personal health information.

Don't give your medicines to friends or family members. A medicine that is prescribed or wrote for you could be dangerous for someone else.



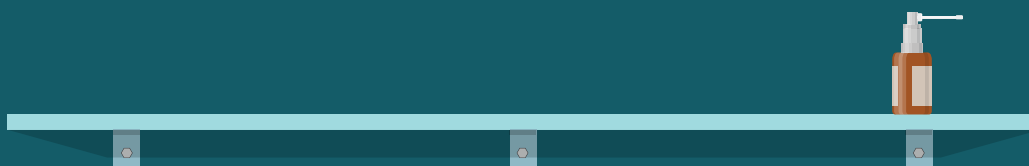
When in doubt about proper disposal, talk to your pharmacist or doctor.

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Follow these steps to reduce the amount of waste:



Purchase your medicines only if needed and do not use after product's expiration date.



Refuse samples from your doctor or unauthorized sources, if you do not expect to use them.



Keep track of medicines you have in your home, so you are not likely to purchase the same medications again.

### Important Notes:

