



April 12, 2012

Rosemount Community Center  
13885 South Robert Trail  
Rosemount, MN 55068

Dear Rosemount Community Center,

We're excited to announce a new effort in Minnesota to give consumers guidance on the **proper disposal of unused and expired prescriptions and over-the-counter medications**. Medications play a vital role in our health-care system, and proper disposal of medicines is an important issue for all of us, especially in the Land of 10,000 Lakes.

Minnesota SMARxT DISPOSAL brings together a diverse group of local organizations and includes support from healthcare professionals, senior citizen organizations, and the outdoor conservation community. This effort is modeled after the national SMARxT DISPOSAL campaign, a unique public-private partnership between the U.S. Fish and Wildlife Service, the American Pharmacists Association, and the Pharmaceutical Research and Manufacturers of America (PhRMA). Partners in our Minnesota effort are:

**Minnesota Pharmacists Association ▪ U.S. Fish and Wildlife Service ▪ Metro Meals on Wheels ▪ Minnesota Outdoor Heritage Alliance (MOHA) ▪ Minnesota Waterfowl Association ▪ Pharmaceutical Research and Manufacturers of America (PhRMA) ▪ Aging Services of Minnesota ▪ Lutheran Social Services' Senior Corps (RSVP, Foster Grandparents & Senior Companion programs) ▪ Mature Voices Minnesota ▪ Vital Aging Network**

According to the FDA and MN Pollution Control Agency, the recommended procedure for medication disposal is:

1. Pour medication into a sealable plastic bag.
  - Remove all personal identification from container if needed.

2. Add kitty litter, sawdust, coffee grounds (anything to make medication less appealing to eat) to the plastic bag.
3. Seal the plastic bag completely and dispose in the trash.

The Minnesota SMARxT DISPOSAL effort provides this information to as many Minnesotans as possible. We've already been at work as our materials have been distributed to 9,000 seniors with the Metro Meals on Wheels program, as well as also distributed literature to the RSVP and Senior Corps statewide programs and to all of partners' networks through emails, booths at events, etc. We will continue to spread the word through speaking engagements, radio interviews, public service announcements, and outreach at large events and senior centers.

**Included in this mailing are several Minnesota SMARxT Disposal brochures. If you would like additional brochures for display or handout, please let me know and I will mail them to you. There is no cost.**

**Additionally, I am available and offering to speak about proper medication disposal to groups – to help reach more people for our educational effort. If your facility is looking for a lunch or program speaker, please let me know. I can be reached at the contact information below.**

Thank you,



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# About Minnesota SMARxT DISPOSAL

Minnesota SMARxT DISPOSAL is a public awareness campaign that targets medication consumers to providing guidance on proper disposal of unused and or expired prescription and over-the-counter medications. SMARxT DISPOSAL also raises awareness about the potential environmental impacts from improperly disposed medications. Our Minnesota campaign is modeled after the national campaign that unites diverse interests from the health care profession, pharmaceutical manufacturers, and conservation community and encourages each to use their unique strengths and diverse communication networks to communicate with medication consumers.

# Our Minnesota Partners

Minnesota Pharmacists  
Foundation & AwarxE program



Pharmaceutical Research and  
Manufacturers of America



U.S. Fish and Wildlife Service



Minnesota Outdoor Heritage  
Alliance



Lutheran Social Services Senior  
Corps (Foster Grandparent  
Program & Senior Companion  
Program)

Minnesota Waterfowl  
Association

Metro Meals on Wheels

Vital Aging Network

Aging Services of Minnesota

Mature Voices Minnesota

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**DISPOSAL™**  
MINNESOTA

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## Protecting Lives and the Environment

Responsible medication disposal safeguards lives and protects the environment.

**Throw away unused medication, and do not flush or dump it down the drain!**



Medicines play an important role in treating certain conditions and diseases, but they must be taken with care. Unused portions of these medicines must be disposed of properly to avoid harm to wildlife, pets, and people. A few small steps can make an important difference in safeguarding lives and protecting the environment.

Follow your medication prescriber's instructions and use all medications as instructed. If you do not use all of your prescribed or over-the-counter medication, you can take a few small steps to make a huge impact in safeguarding lives and protecting the environment by disposing of unused medicines properly.

Note: the FDA recommends disposal by flushing of a small number of medications, particularly narcotics.

# DO NOT FLUSH YOUR MEDICATION.

NOT flushing and NOT pouring unused medications down the drain is one small step we can take to keep our waterways clean.

**Instead, use proper safety precautions to protect children and animals.**

## THROW THEM AWAY.



1. Pour medication into a sealable plastic bag.
2. Add material to make medication unappealing.

If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.

Add kitty litter, sawdust, coffee grounds—any material that mixes with the medication—to the bag so kids and animals are less likely to ingest it.

3. Seal the bag and throw it in the trash.
4. Remove all identifying personal information.

Make sure it's sealed so nothing spills.

Destroy prescription labels from all medication containers before disposal.



**SMART**  
DISPOSAL™  
MINNESOTA

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