

NATIONAL CLEAN OUT YOUR MEDICINE CABINET DAY

April 15, 2022
#cleanoutmedsday



NATIONAL CLEAN OUT YOUR MEDICINE CABINET DAY – APRIL 15, 2022

National Clean Out Your Medicine Cabinet Day occurs annually on the third Friday in April. The goal is to raise awareness and rid homes of unused or expired prescription and over-the-counter medications that may be sitting in medicine cabinets, nightstands, kitchen cabinets or pantries.

Prescription opioid misuse is an ongoing and escalating epidemic, and 70% of opioid dependence, overdoses and deaths begin with leftover drugs in the medicine cabinet. Opioids are just one of the dangerous drugs found lying around our homes. Antidepressants, muscle-relaxers, sleep aids, and ADHD, blood pressure, heart and even pet medications may also be harmful.

Unintended risks of unused medications include:

- Drug diversion and misuse/abuse
- Accidental ingestions/poisonings
- Medication confusion – which especially effects our senior population
- Overdoses/suicides
- Antibiotic resistance

At-home drug disposal solutions offer a simple, convenient and effective way of ridding your home of medications that are no longer needed or have expired.

If patients or caregivers have large quantities of leftover medications, they should consider participating in the Drug Enforcement Administration's [National Drug Take Back Day](#) on April 30. A link to the DEA Collection Site Locator (by zip code) can be found [here](#).

HOW TO PARTICIPATE

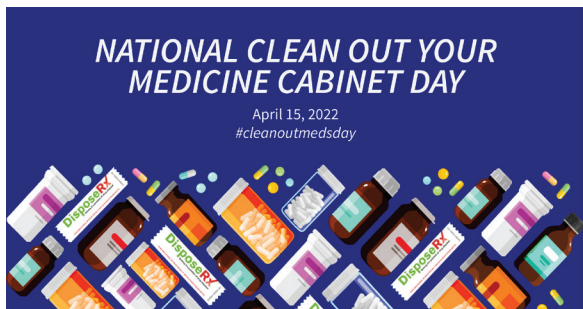
Everyone is encouraged to take time during National Clean Out Your Medicine Cabinet Day to help remove the risks that leftover medications pose for patients, as well as their families and friends.

Clean Out!

Review medications wherever you keep them – in your medicine cabinet, nightstand, kitchen cabinets or pantries. And don't forget your pet medications! Dispose of unused or expired medications using an at-home disposal solution, such as DisposeRx packets. More than 50% of chain pharmacies stock DisposeRx packets behind the pharmacy counter, so ask your pharmacist for a packet.

Get the Word Out!

Do your part to safely dispose of unused medications! Help us create awareness of National Clean Out Your Medicine Cabinet Day by posting the graphics below in advance of or on April 15 with the hashtag #CleanOutMedsDay. We also encourage you to post photos of you disposing of medications using #CleanOutMedsDay and tagging us on [Facebook](#), [LinkedIn](#) or [Twitter](#).



[Download Social Media Graphic](#)

Twitter Post Suggestions

Spring cleaning? Don't forget your medicine cabinet! Today is National Clean Out Your Medicine Cabinet Day to raise awareness about risks of keeping unneeded or medications. **#CleanOutMedsDay**

70% of #opioid dependence, overdoses & deaths begin with leftover drugs in the medicine cabinet. April 15 is National Clean Out Your Medicine Cabinet Day. Take a few minutes to remove the risks that leftover meds pose to you, your family & friends. **#CleanOutMedsDay**

600+ million prescriptions go unused each year & these leftover pills can lead to addictions, deaths & pollution if not properly discarded. Today is National **#CleanOutMedsDay** & we encourage people to take the time to clean out their homes of unused/expired meds.

Today is @DisposeRx National Clean Out Your Medicine Cabinet Day – a reminder to regularly dispose of unused or expired medications. **#CleanOutMedsDay**

On **#CleanOutMedsDay** don't forget to also properly dispose of unused or expired pet meds!

Facebook Post Suggestions

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Today is DisposeRx National Clean Out Your Medicine Cabinet Day – a reminder to regularly dispose of unused or expired medications. **#CleanOutMedsDay**

On **#CleanOutMedsDay** don't forget to also properly dispose of unused or expired pet meds!



DisposeRx Demonstration:
Simple. Convenient. Effective.

Become a DisposeRx Community Outreach Partner!

DisposeRx is committed to the eradication of unused medications. As part of these efforts, we work with addiction support organizations, civic groups, churches, foundations, health departments, law enforcement agencies and many other to support education and eradication programs.

If you represent a 501(c)3 organization and are interested in applying for a donation of DisposeRx packets, please complete and submit our [Community Outreach form](#).

National Clean Out Your Medicine Cabinet Day History

National Clean Out Your Medicine Cabinet Day was started in 2019 by [DisposeRx](#) to raise awareness of the risks associated with keeping leftover or expired prescription or over the counter medications in the home. Drug addiction, overdose, poisonings and deaths related to leftover medications are real and so is contamination of the environment from flushing medications or putting them in the trash. DisposeRx provides a safe, convenient and effective way to dispose of expired and unused medications.

[National Clean Out Your Medicine Cabinet Day Press Release Link](#)