

NATIONAL CLEAN OUT YOUR MEDICINE CABINET DAY

APRIL 17, 2020

#cleanoutmedsday



NATIONAL CLEAN OUT YOUR MEDICINE CABINET DAY – APRIL 17, 2020

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.

This strategic initiative was designed to prompt individuals to clean out their medicine cabinets in preparation for the [DEA's National Drug Takeback Day](#). **Unfortunately the April 25, 2020, Takeback Day was cancelled due to the COVID-19 pandemic.**

We recognize that these are uncertain times. However, most of us are spending significant time in our homes as we shelter in place, and we encourage you to use some of this time to participate in National Clean Out Your Medicine Cabinet Day.

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, ADHD medications, sleep aids, blood pressure and heart medications may also be harmful.

Additional 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

It's critical that everyone does his or her part to dispose of leftover and unused medications that can lead to misuse, addiction, poisoning or death—including pet medications!

Proper disposal is also important, as environmental studies have shown that flushed medications flow into our water supply negatively impacting the fish we eat and water we drink.

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

HOW TO PARTICIPATE

If you are spending more time at home due to the COVID-19 public health crisis, carve out a few minutes during National Clean Out Your Medicine Cabinet Day to help remove the risks that leftover medications pose to you, as well as your families and friends.

Clean Out!

Review medications wherever you keep them – in your medicine cabinet, nightstand, kitchen cabinets or pantries. Dispose of unused or expired medications using an at-home disposal solution, such as DisposeRx packets. Almost 50% of retail 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, and post about your participation using one of the graphics below with the hashtag [#CleanOutMedsDay](#):

Twitter



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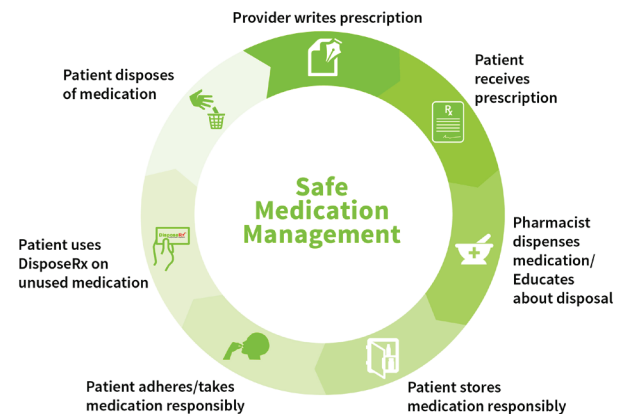
[Download](#)

Share the DisposeRx Safe Medication Management infographic—part of our comprehensive education and behavior change efforts. We know that prompt and proper disposal have been an afterthought, and we are working to bring awareness to the risks associated.

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, association, faith-based group or foundation and are interested in applying for a donation of DisposeRx packets, please complete and submit our [Community Outreach form](#).



[Download](#)

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.

DisposeRx Demo Video



DisposeRx[®]
Solving the problem of drug disposal