



## Tips for Safe Disposal of Your Medicines

Neighborhood Health Plan of Rhode Island wants to keep you, your family, friends, and pets safe!

### Safe disposal of unwanted, unused or expired medicines:

- Is fast, easy and anonymous
- Should be done as soon as possible
- Prevents overdoses
- Protects children and pets from dangerous drugs

### Use the option that is easiest for you!

#### 1. Community Take Back Sites:

- The best way to safely dispose of unwanted, unused or expired medicines is to drop them off at a take back location near you. There is a site near you at:
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- You may also search online for a local site:
  - Go to [https:// apps2.deaiverison.usdoj.gov/ pubdispsearch/ spring/ main?execution=e2s1](https://apps2.deaiverison.usdoj.gov/pubdispsearch/spring/main?execution=e2s1)

#### 2. Mail:

- Send unused medicines to pharmacies and other sites using packages made available at such pharmacies or authorized sites. Learn more online at [www.deatakeback.com](http://www.deatakeback.com).

#### 3. At Home:

- If there are no take back sites available, read the labels on each of your medicines.
  - If the labels have special disposal instructions, follow those instructions.
    - Because some medicines could be harmful to others, they have instructions to flush them down the sink or toilet when they are no longer needed.
    - Check the label or the patient information leaflet with your medicine or review the U.S. Food and Drug Administration's (FDA) [list of medicines](#) recommended for disposal by flushing when a take back option is not readily available: [www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know](http://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know)
  - Remember, don't flush your medicine unless it is on the flush list. If there are no labels with special disposal instructions, you may throw away your medicines in the household trash by following these steps:



- Remove the medicine from the container and mix it with used coffee grounds, dirt or cat litter.
- Put the mixture in a sealed container, like a Ziploc bag or a jar with a lid.
- Throw away the sealed bag or container in your household trash.
- Remove your personal information from the empty medicine container. Throw the container in your household trash or recycling bin.

**For more information, go to:**

- [www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines](http://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines)
- [www.hhs.gov/opioids/prevention/safelydispose-drugs/index.html](http://www.hhs.gov/opioids/prevention/safelydispose-drugs/index.html)

Neighborhood is here for you!

Medicaid Plans: 1-800-459-6019 (TTY 711)

Neighborhood INTEGRITY (Medicare-Medicaid Plan): 1-844-812-6896 (TTY 711)

Commercial Plans: 1-855-321-9244 (TTY 711)

[www.nhpri.org](http://www.nhpri.org)



Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call Member Services at 1-844-812-6896 (TTY 711), 8 am to 8 pm, Monday – Friday; 8 am to 12 pm on Saturday. On Saturday afternoons, Sundays and holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.

ATENCIÓN: Si usted habla Español, servicios de asistencia con el idioma, de forma gratuita, están disponibles para usted. Llame a Servicios a los Miembros al 1-844-812-6896 (TTY 711), de 8 am a 8 pm, de lunes a viernes, de 8 am a 12 pm los Sábados. En las tardes de los Sábados, domingos y feriados, se le pedirá que deje un mensaje. Su llamada será devuelta dentro del siguiente día hábil. La llamada es gratuita.

ATENÇÃO: Se fala português, estão disponíveis serviços de assistência linguística gratuitamente. Ligue para os Serviços dos Membros através do número 1-844-812-6896 (TTY 711), das 8h às 20h, de segunda a sexta-feira; e das 8h às 12h, ao sábado, domingos e feriados. Nas tardes de sábado, domingos e feriados, pode ser convidado a deixar uma mensagem. A sua chamada será devolvida no dia útil seguinte. A chamada é gratuita.

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ មានសេវាកម្មជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃចន្ទ - សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់រសៀលថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃធ្វើការបន្ទាប់។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។