



# UNUSED MEDICATIONS?

» UNUSED MEDICATIONS CAN BE DISPOSED OF AT THE FOLLOWING SOUTHERN ILLINOIS HEALTHCARE LOCATIONS

## MEMORIAL HOSPITAL OF CARBONDALE

405 W Jackson Street | Carbondale, IL 62902  
Mon - Fri: 7:30am - 6pm | Sat - Sun: 7:30am - 6pm

## HERRIN HOSPITAL

201 S 14th Street | Herrin, IL 62948  
Mon - Fri: 7:30am - 6pm | Sat - Sun: 7:30am - 6pm

## ST. JOSEPH MEMORIAL HOSPITAL

2 S Hospital Drive | Murphysboro, IL 62966  
Mon - Fri: 6am - 4:30pm | Sat - Sun: 7am - 2:30pm

## SIH CANCER INSTITUTE

1400 Pin Oak Drive | Carterville, IL 62918  
Mon - Fri: 7:30am - 3:30pm | Sat - Sun: CLOSED

For additional locations see the "Substance Abuse Resource Guide" at [www.hsidn.org/resources](http://www.hsidn.org/resources)

[WWW.SIH.NET](http://WWW.SIH.NET)

## » AT HOME DISPOSAL INSTRUCTIONS

If no medicine take-back programs or DEA-authorized collectors are available in your area, and there are no specific disposal instructions on the label, you can follow these simple steps to dispose of most medicines in the household trash:

1. Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds.
2. Place the mixture in a container such as a sealed plastic bag.
3. Throw the container in your household trash.
4. Scratch out all personal information on the prescription label of your empty pill bottle or empty the medicine packaging to make it unreadable, then dispose of the container.

Source: [fda.gov](http://fda.gov)



# IF YOU ARE PRESCRIBED OPIOIDS



- Use only as instructed by your healthcare provider. Never take opioids in greater amounts or more often than prescribed.
- Avoid these other drugs while taking this medication:
  - Alcohol
  - Benzodiazepines (such as Xanax and Valium), unless specifically advised by your healthcare provider
  - Muscle relaxants (such as Soma or Flexeril), unless specifically advised by your healthcare provider
  - Hypnotics (such as Ambien or Lunesta), unless specifically advised by your healthcare provider
  - Other prescription opioid pain relievers
- Work with your healthcare provider to create a plan on how to manage your pain, and consider non-opioid options.
- Follow up regularly with your healthcare provider.
- Talk to your healthcare provider about any and all side effects and concerns.
- Talk to your healthcare provider about decreasing your prescribed opioids and the frequency of your prescription to determine if you can reduce those taken.
- Store opioid pain relievers in a safe place and out of reach of others.
  - Help prevent misuse and abuse by not selling or sharing prescription opioid pain relievers. Never use another person's prescription opioids.
  - Find your community drug take-back program or your pharmacy program to safely dispose of unused prescription opioids pain relievers.