

## FAST FACTS:

- 64% of kids age 12 to 17 who have abused pain relievers say they got them from their friends or relatives, typically without their knowledge.
- Persons age 65 years and better comprise 13% of the population, yet account for 1/3 of all medications prescribed in the United States. Older patients are more likely to be prescribed long-term and multiple prescriptions, which could lead to unintentional misuse.
- Older adults account for more than half of all reported adverse drug reactions that lead to hospitalization.

## BROUGHT TO YOU BY:

Ashford University  
Awesome Car Wash  
Camanche Pharmacy  
City of Clinton - Public Works Department  
Clinton County Sheriff's Office  
Clinton County Attorney's Office  
Clinton County Community Supports Department  
Clinton County Solid Waste Agency  
Clinton Ecumenical Housing  
Clinton County Fair Board  
Clinton Police Department  
Clinton Council PTA  
Clinton Substance Abuse Council  
DeWitt Fair Grounds  
DeWitt Police Department  
Eagle Point Nursing and Rehabilitation Center  
Generations Area Agency on Aging  
Genesis VNA and Hospice/Clinton County Public Health  
Iowa Farm Bureau  
KCLN Radio  
KROS Radio  
Mercy Medical Center  
Moore Development Group  
New Directions/ASAC  
Seniors vs. Crime/TRIAD  
Wagner's Pharmacy

## CLINTON COUNTY

# CLEAN OUT YOUR MEDICINE CABINET



**How to  
safely  
dispose of  
prescription  
drugs and  
medication.**

*“more teens abuse prescription drugs than any other illicit drug, except marijuana; more than cocaine, heroin and methamphetamine combined”*

White House Office of National Drug Control Policy  
(ONDCP), 2008

## MONITOR



1. Start by knowing all medications that you are taking and what you are taking them for. Keep a list of current medication and bring it to all doctor's appointments.
2. If you have any questions about any of the medication that you are on, ask your doctor or pharmacist.
3. Take note of how many pills are in each of your prescription and over-the-counter bottles and keep track of your refills for yourself, your children & teens, and other members of your household. If you find that you are filling your medication more often than expected, this could indicate a problem.

4. If your teen has been prescribed a drug, be sure to control the medication and monitor dosage and refills, Make sure that your friends and relatives - especially grandparents are also aware of the risks. Encourage them to monitor their own medication.

## SECURE

1. Keep all medication, prescription and over-the-counter, in a safe place, such as a locked cabinet that cannot be easily accessed.
2. If you keep our medications in the medicine cabinet in your bathroom, monitor who goes into your bathroom.
3. Do not allow people you do not know near your medications.



## DISPOSE

1. Take all medication as prescribed by your doctor.
2. If you have any unused or expired drugs in your home, discard them.
3. To discard the medication:

- Crush any pills and mix with kitty litter, coffee grounds, or another solid kitchen



substance, place them in a sealed plastic bag to reduce the risk of potential poisoning. (The same applied to liquid medication). Also, remove and destroy all identifying personal information (prescription label) from medication containers. Put everything in the trash.

- Consult your pharmacist with any questions.