All unused, expired, or unwanted prescription drugs, over-the-counter medications and natural health products should be disposed of in an environmentally-safe way. You can deposit them at a Medication Return Event or return them to the local pharmacy.

**EXAMPLES OF PRODUCTS THAT NEED TO BE DISPOSED OF SAFELY**

**Prescription drugs**
- Heart medication
- Diabetes medication
- Pain medication
- Asthma/COPD medication
- Antibiotics
- Birth control

**Over-the-counter medications**
- Pain and fever medication
- Allergy medication

**Natural health products**
- Calcium
- Magnesium
- Vitamins
- Folic Acid

**Other**
- Medications for your pet
- Prescribed medical cannabis

**RETURNING UNUSED OR EXPIRED PRODUCTS TO THE PHARMACY**

Contact your local pharmacy and ask how to return them safely. Pharmacies often require you to:

- Remove or black out any personal identification
- Empty all dry medication such as pills, tablets and capsules into a bag or container
- Keep all liquids, creams, sprays and inhalers in their original packaging and remove all personal identification

_Funding is provided through the FNHA Healthy Medication Use project._

Contact us at: HealthyMedicationUse@fnha.ca

For more information, see Medication Return Event Grant: [https://www.fnha.ca/what-we-do/health-system/medication-return-event-grant](https://www.fnha.ca/what-we-do/health-system/medication-return-event-grant)