



First Nations Health Authority  
Health through wellness

# Safe Disposal of Medications

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](mailto:HealthyMedicationUse@fnha.ca)

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