



# Medication Safety Plan: Safe Storage and Disposal

## Directions

This worksheet will help you create a personalized plan to keep your medications stored safely and disposed of properly. **First, reflect on where and how you currently store and dispose of your medications.** Then, work through the considerations for safe storage and disposal. Lastly, take notes about your ideas for what changes you may need to make.

## Considerations

**Are your medications stored away from heat and moisture?**

YES       NO

*Some people store medicine in the bathroom or near ovens, but the heat and humidity can make medications less effective. It's often better to store medicine in a cool, dry place.*

**Are your medications stored out of sight and reach from people and pets?**

YES       NO

*Even if you do not have children in your home, visitors might. It's best to store medications in lockable spaces or high cabinets that is not easily accessible.*

**Are all your prescription and over-the-counter medications clearly labeled?**

YES       NO

*Keeping medications in their original containers helps us follow the instructions on the label. Avoid combining different medications in one container.*

## Your Plan for Safe Medication Storage



Reflect on your answers and the considerations. Write your new plan for safe medication storage – think about the location and any appropriate safety measures.

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# Medication Safety Plan: Safe Storage and Disposal, continued

## Considerations

**Does your community have a drug dropbox or host a drug “take back” event?**

YES       NO

*The best way to dispose of medications is through a DEA-authorized collection site, such as a drug dropbox or community drug “take back” event. Search the drug disposal locator tool by the National Association of Boards of Pharmacy: <https://safe.pharmacy/drug-disposal/>*

**Do you feel comfortable with how to safely dispose of medications at home?**

YES       NO

*Consult any disposal instructions on the label or patient information sheet. If none are given, remove pills and mix with an unappealing substance in a sealed bag. Remove the prescription label, then throw away the sealed bag and empty bottle in your household trash.*

**Do you have a system to keep track of expiration dates?**

YES       NO

*Consider regularly checking the expiration dates of any medications (e.g., once every six months) and safely dispose of any medications that have expired.*

## Your Plan for Safe Medication Disposal



Reflect on your answers and the considerations. Write your new plan for safe medication disposal.

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### Final Checklist:

- I have found a safe place to store all my medications.
- I know the safest way to dispose of medications at home or in my community.
- I will share this plan with a trusted family member or caregiver.

