



NORTH TABLE MOUNTAIN REPORT - July 2020



Clearing out your medicine cabinet?

Stop before you flush old or unwanted prescription or over-the-counter medications down the toilet or drain.

Recent studies have found that medicines flushed down the drain contaminate our lakes and streams, which can harm fish and other aquatic wildlife, and end up in drinking water supply. Some medications, such as hormones and antidepressants, include endocrine disrupting compounds, which interfere with the reproduction and normal growth of many aquatic species, such as frogs and fish.

When medications are flushed down a toilet or drain, they enter the wastewater treatment system, which cleans up the water. Unfortunately, many of these treatments systems are not designed to remove these medications.

Disposing of the medications:

The State of Colorado Department of Public Health and Environment maintains a list of household medication take-back locations on their website. Locations near the Fairmount community include Kaiser, Walgreens and the Golden Police Department.

If you are not able to drop your medications off at a take-back location you can dispose of them in your household trash as long as you observe the following U.S. Food and Drug Administration recommendations in the image to the right.

Follow these simple steps to dispose of medicines in the household trash

MIX
Mix medicines (do not crush tablets or capsules) with an **unpalatable substance** such as dirt, cat litter, or used coffee grounds;

PLACE
Place the mixture in a **container** such as a sealed plastic bag;

THROW
Throw the container in **your household trash**;

SCRATCH OUT
Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.