

How Do I Dispose of Medications?

- Drug take back days at West Hartford Town Hall—
(www.westhartfordct.gov)
- Drug disposal kits/disposal bags
- Drug collection centers:
Bloomfield Police Department
785 Park Ave., Bloomfield
Hartford Police Department 253
High St., Hartford
State Police Troop H – 100R
Washington St., Hartford
Farmington Police Department
319 New Britain Ave.,
Unionville
Newington Police Department
131 Cedar St., Newington
New Britain Police Department
10 Chestnut St., New Britain
- Call West Hartford/Bloomfield
Health District (860-561-7900),
West Hartford Social Services
(860-561-7561) or 2-1-1 for
further information

Frequently Asked Questions:

Where can I get medication disposal bags?

- CVS, Walgreens, Target
- Amazon.com, Walmart.com
- Ask your pharmacist

FAQs cont.:

Why do I need a lock box?

- To protect against the misuse of medications
- To protect against medication theft

Where can I get lock boxes for my medications?

- Walmart
- Home Depot
- Staples.com
- Amazon.com

Cost is between \$15 to \$65.

If you suspect someone is taking your medications, reach out to

West Hartford Police Department

at 860-523-5203,

West Hartford Social Services

at 860-561-7561, or

Elderly Protective Services

at 888-385-4225.



You are responsible for your own medications. Please do your part and dispose of unwanted or expired medications so they do not get into the wrong hands. Together we can make the West Hartford community a safer place.



My Medication, My Community



West Hartford Social Services
50 South Main St.
Room 306
West Hartford, CT
860-561-7561



How to Keep Track of Medications

- Pay attention to auxiliary labels
- Use the same pharmacy
- Use a weekly pill box or an AM/PM pill box
- Keep a current medication list with over the counter and prescription meds (name, dosage, strength, why, when, how, what it looks like, who prescribed, allergies)
- Ask your doctor or pharmacist to generate a list of your meds to discuss possible interactions and/or side effects
- Ask your doctor and pharmacist questions to ensure you understand how to administer your meds

Questions to Ask When Prescribed a New Medication

- Why am I taking this medication?
- Is it brand name or generic?
- Does this new prescription mean I should stop taking any other medicines I am on now?
- How should it be taken? (how much, what time, how often, with food)
- What is the refill frequency?
- Are there side effects?
- What do I do if I miss a dose?
- Are there foods/drinks/medications to avoid while on this medication?
- Can I drink alcohol?
- Are there any tests I need to take while on this prescription?

Who Has Access to Your Medications?

- Children, teens, babysitters
- Family, friends, neighbors
- Non-family adults – tradesmen (plumbers, electricians, painters, etc.)
- Home health service providers
- House hunters (if your home is for sale)



If medications are not kept locked up, anyone who enters your home has access to your medications.

Take Responsibility for Your Medications

3 Steps to follow with over the counter & prescribed medications:

Monitor - Would you notice if pills went missing?

- Count pills in each bottle/pill packet
- Use pill box
- Keep track of refills



Secure

- Think of medications as if they are jewelry or cash
- Keep all medications in a safe place like a lock box, preferably not in medicine cabinets in bathrooms or on kitchen counters
- Encourage others to secure their medications

Dispose

- Take inventory of medications and properly discard expired/unused medications
- Do not throw medication in the trash or flush down the toilet – it can get into the water supply!
- Remove personal information from prescription bottles