

Appendix IV. Written Information for Patient Education

Instructions for Safe Disposal of Oral Cancer Therapy: Patient Education Handout

When you no longer need a medication, it is important to get rid of it as safely as possible. You should never throw leftover cancer therapy, empty bottles, and packaging in the trash or flush it down the toilet; it may require special disposal. Normally, you will not have extra oral cancer therapy medications because it is prescribed in the exact dosage and amount you need. However, if you do, it is recommended that you return the leftovers or unused medications, empty bottles, and packaging to your doctor, nurse, or pharmacist for proper disposal.

Disposal Procedure

- Follow these steps to appropriately discard of oral cancer therapy waste:
 - Bring in your empty bottles, packaging, and/or unused or expired cancer medications to the UCHC Neag Cancer Center. Let someone know you want to dispose of them.
 - A Neag Cancer Center employee will give you a large, clear plastic bag.
 - Place your cancer therapy waste into the bag.
 - Seal the bag completely.
 - Return the sealed bag back to a Neag Cancer Center doctor, nurse, or pharmacist, who will dispose of it properly.

- Please refer any questions to:
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Disposal of Unwanted **Nonhazardous** Medications (eg, nausea medications)

- Do NOT throw unused medications and over-the-counter products down the toilet or sink
 - Flushing medications down the toilet or sink causes water pollution, impacts drinking water, and has adverse effects on septic systems, fish and aquatic life
- Safe ways to dispose of medications and OTC products include any one of the following:
 - Follow disposal instructions (found at website below) and put them in the trash
 - See if your pharmacy has a low-cost disposal envelope to send away (CVS, Walgreens, and Rite-Aid all do)
 - Take to a local police department, which may have a drop box drug disposal program
 - Take to a community drug take back day program
- For more information, go to www.ct.gov/deep/medsdisposal, or contact:
 - CT Department of Energy & Environmental Protection, Office of Pollution Prevention, (860) 424-3297 www.ct.gov/dep/p2