

# Patient Education

## about Safe Use, Storage, & Disposal of Controlled Substances



### Safe Use

- Never take an opioid pain medication that is not prescribed to you.
- Never share your medication with others.
- Never adjust your own doses.
- Never use medication after the expiration date.
- Never mix medication with alcohol or other sedatives.
- Never break, chew or crush medication unless specifically instructed.
- Always tell your healthcare provider about all medications you are taking.
- Keep track of when you take all medications.

### Safe Storage

- Store medication in a locked cabinet or other secure storage space.
- Keep storage areas cool, dry, and out of direct sunlight.
- Do not store medication in your car.
- Keep medication stored in original containers.
- Do not store medications in the refrigerator or freezer unless specifically instructed to do so.

### Safe Disposal

- Ask your pharmacist about specific disposal instructions for your medication.
- As an alternative, dispose of medication by mixing it with an undesirable substance such as coffee grounds or cat litter, putting the mixture into a sealed disposable container, and placing it in the trash.
- Ask your pharmacist about “take-back” programs in the community.

