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## Turn your medicine cabinet green by returning unused medications

Virtually everyone is thinking about ways they can be “greener”, whether it’s at home, the office, or the type of car they drive—you name it, there is a “green” alternative to just about everything these days. But when it comes to disposing of leftover or expired medications, some are at a loss.

Fact is, people do not always finish the full course of prescribed medications and over-the-counter medicines are often kept in the medicine cabinet until expiry dates have passed. Throwing these leftover pharmaceuticals in the trash or flushing them down the drain can pose a serious risk to the environment.

Furthermore, the presence of small amounts of these substances in water is emerging as an important national and international issue. Although the concentrations are low, adverse effects on humans and animals may be possible and there are also concerns about the human health effects of medication in drinking water sources.

Luckily, pharmacy retailers like Rexall have taken this issue to heart. Rexall offers customers a simple and free solution—drop off your unused or expired medications to your local

Rexall pharmacy and our pharmacists will dispose of them in an environmentally safe way. And while you’re visiting, take the chance to speak to your pharmacist about what’s needed to restock your medicine cabinet or ask any questions you may have regarding your medication therapy.

Here are some helpful tips to “going green” with your medicine cabinet:

- At least once a year, you should look at your medicine cabinet and remove any medications that have expired or that you no longer use (even if they aren’t expired).

- Do not flush or pour unused medicines down a sink or drain.

- Do not throw your old medications in the trash as children or pets may get into it and it could cause potential harm.

- Always take your leftover or expired medications to your local pharmacy for safe and environmentally-friendly disposal.

More information can be obtained from your local Rexall family pharmacist or online at [www.rexall.ca/medicinecabinet](http://www.rexall.ca/medicinecabinet).

—[www.newscanada.com](http://www.newscanada.com)



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