

SAFE STORAGE AND PROPER DISPOSAL OF YOUR MEDICATIONS

Proper storage and disposal of your medications are important for a number of reasons. First, proper storage of certain medications can affect how well a medication works; some require refrigeration or protection from sunlight, for example. Secondly, proper storage of medications will help keep medications out of the reach of a child, teenager, or stranger to prevent accidental injury or possible abuse. Lastly, improper disposal of medications can lead to pollution of the environment, accidental exposure from contaminated water supplies, and greater drug abuse potential.

Organize Your Medications

Keeping your medications organized will help assure safe storage of your medications. Sort through your medications at least once a year following these instructions. First, locate all your medications throughout the house including over-the-counter products. Check for expiration dates on the bottle and discard anything that has passed the expiration date. Prescription medications are generally considered good for one year after the fill date unless otherwise indicated on the bottle. Also, look for medications that may have changed in color, dried out, or show other signs of being past their prime. Be especially careful with expiration dates for eye drops and eardrops as they may be contaminated with bacteria or fungus.

Establish One Storage Location

It is best to keep all medications in one location instead of different locations throughout your home. Pick a place that is convenient, but make sure that it is cool and dry since heat and humidity can damage medicines. The bathroom medicine cabinet is not usually the best location since it is not well-ventilated and moisture can damage your medications. Also, it is not wise to store medications above the refrigerator due to the excess heat. If there are small children that live in or visit your home, you might want to store medications in an area that can be locked. Controlled substances, such as OxyContin, Percocet, or Xanax, should also be locked up as they are at high risk for theft and abuse.

Avoid Taking the Wrong Medication by Accident

If multiple people are using medications in your household, it is best to keep the medications separate from one another to avoid grabbing the wrong bottle. Also, never take medications in the dark; turn on the light so you can verify the name of the medication before you take it. Never mix different medications in the same bottle as you may make a mistake with identifying the medication. It is also possible for one medication to rub off onto another.

Welcome

BeyondRx, a second generation Pharmacy Benefit Manager, serves employers and other groups that want affordable prescription programs for their members.

We invite you to visit us at www.beyond-rx.com to locate a pharmacy near you. Or you can call us at 866-247-9996, ext. 2. We will be happy to assist you! If you find that your pharmacy is not currently participating in our program, feel free to share our information with your pharmacist and encourage him or her to join our network.

Proper Disposal of Medication

In the past, it was thought that flushing old prescription medications down the sink or toilet was ok. Since 1980, there has been concern that significant traces of these medications have been found in rivers, lakes and water sources. Therefore, it is not recommended to flush all medications anymore. There is even some concern that the medications in water sources could possibly affect fish and wildlife and cause an increase in antibiotic resistance. It is now recommended to NOT flush expired or unneeded medications unless the medication package specifically states that it is ok. Please see the chart for medications that the government advises to flush instead of throwing in the trash. Current federal guidelines urge consumers to:

1. Take unused, unneeded, or expired medications out of their original containers.
2. Mix the medication with an undesirable substance like used coffee grounds or kitty litter.
3. Place the mixture in an impermeable, non-descript container such as empty cans or sealable bags.
4. Throw these containers in the trash.

This disposal process will help to avoid environmental contamination and drug abuse. You can also check your community for a pharmaceutical take-back program that allows the public to bring unused medications to a location for proper disposal.

Medications that Should Be Flushed

The FDA, recommends flushing the following medications down the toilet instead of throwing them in the trash.

Actiq

fentanyl citrate

Daytrana Transdermal Patch

methylphenidate

Duragesic Transdermal System

fentanyl

OxyContin

oxycodone

Avinza

morphine

Baraclude

entecavir

Tequin

gatifloxacin

Zerit

stavudine

Meperidine

Percocet

Oxycodone and Acetaminophen

Xyrem

Sodium Oxybate

Fentora

fentanyl

OFFICE HOURS & HOLIDAYS

*BeyondRx's office hours are
Monday-Friday from 8:00 am to 7:00 pm CST.
Saturday hours are 9:30 am to 3:30 pm CST.
Holiday hours: Office Closed*

2008 Holidays:

Labor Day – Monday, September 1

Thanksgiving – Thursday and Friday
November 27 & 28

Christmas – Thursday & Friday
December 25 & 26

New Years Day – Thursday
January 1, 2009

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