

# Don't know what to do with your LEFTOVERS?

We can help. Visit [leftovermeds.com](http://leftovermeds.com)  
Or call 1-800-222-1222



The Nebraska MEDS Coalition educates Nebraskans about drug disposal and provides safe disposal options to better safeguard the environment and protect public health.



298 pharmacies across  
Nebraska collecting  
unwanted medications



33,001 pounds of medication  
collected in Nebraska thus far  
(Aug. 2012 - Oct. 2016)



Diverse agencies and  
organizations working  
together to take back  
medications

## THE ISSUE

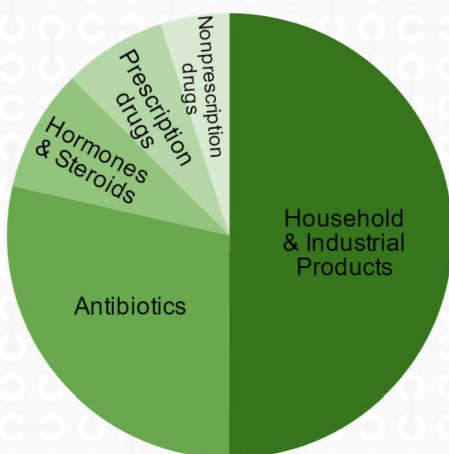
Trace amounts of prescription  
drugs have been found in 80% of  
U.S. waterways. (USGS)



Waterways included in the USGS  
study included 7 Nebraska  
streams and groundwater.

## What's in the water?

2002 USGS Study



## CAUSES & EFFECTS

Improper disposal, including  
flushing unwanted medications  
down toilets and drains.



Possible effects on wildlife,  
drinking water supplies, and  
human health.

## Why?



Around 70,000 youth are seen  
in ERs each year due to  
accidental medication overdose.



Approximately 55% of the calls  
to the Nebraska Regional  
Poison Control Center involve  
medications.



56% of drug misuse/abuse ER  
visits are related to  
pharmaceuticals.



Approximately 59% of deaths  
related to drug overdoses were  
from prescription drugs.

## THE SOLUTION

Return unwanted medications to  
participating pharmacies for proper  
disposal.



Help keep medications out of  
water supplies and helps prevent  
abuse and accidental ingestion.

## What Can I Do?



**DO** take medications to a  
pharmacy or other approved  
collection center for disposal.

**DO** keep medications away  
from children.



**DON'T** flush unwanted or  
expired medications down  
toilets or drains.

**DON'T** toss old medications  
in the trash.



Find a participating  
pharmacy near you at:

[www.leftovermeds.com](http://www.leftovermeds.com)



# Prescription Drug Abuse and Misuse



Misuse and abuse can lead to addiction, which can cause overdose and even death.

Keep unused and expired medications from falling into the wrong hands.

Take them back!

[www.leftovermeds.com](http://www.leftovermeds.com)  
1-800-222-1222

## ABUSE VS. MISUSE

According to the Food and Drug Administration, the difference between drug abuse and misuse is determined primarily by intention. (1)

DRUG ABUSE = taking a drug, especially at higher doses than prescribed, to get a euphoric feeling.

DRUG MISUSE = using medication to self-treat, not according to a healthcare provider's directions.



Both drug abuse and misuse can be harmful and even fatal. More Americans die every day from drug overdoses than from motor vehicle crashes (Office of National Drug Control Policy).

## ABUSE AND MISUSE FACTS & FIGURES



Sales of prescription opioids in the U.S. quadrupled from 1999 to 2014. (2)



Results from a national survey on drug use indicate that in 2015, approximately 40% of high school seniors said it was "fairly easy" or "very easy" to get narcotics such as vicodin, oxycontin, percocet, etc. (3)



In 2015, there were 145 drug overdose deaths in Nebraska, triple the number reported in 1999. (4)



According to a national survey, almost 15 million Americans misused a prescription drug in 2014. (5)

## What Can I Do?



Ensure medications are safely stored in your home.

Periodically check your medicine cabinet for expired prescription and over-the-counter medications, as well as medications you are no longer using.

Take back expired, leftover, and unused medications to a participating pharmacy.

Find a participating pharmacy near you: [www.leftovermeds.com](http://www.leftovermeds.com)



Nebraska Pharmacists Association | The Nebraska Regional Poison Center | The Groundwater Foundation  
Nebraska Department of Health and Human Services | Lincoln/Lancaster County Health Department | WasteCap Nebraska

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