Don't know what to do with your LEFTOVERS?

We can help. Visit 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.

288 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)

CAUSES & EFFECTS
Improper disposal, including flushing unwanted medications down toilets and drains.
Possible effects on wildlife, drinking water supplies, and human health.

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's in the water?
2002 USGS Study

2002 USGS Study

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.

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

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

November 2016
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
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, oxycodin, 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)

Find a participating pharmacy near you: www.leftovermeds.com

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.

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

November 2016

References: (1) http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm220112.htm (2) http://www.odc.gov/main/preview/mmhtml/mm/mm60436.htm?sf_csl=mm60436.w - fig2