Follow disposal directions you received with your medicines. If you did not receive directions, ask your healthcare professional or pharmacist about disposal or consult the Food and Drug Administration (FDA) guidelines.

Flush your prescription. Many opioids are included on the FDA's list of medicines recommended for disposal by flushing.

The FDA recommends folding fentanyl patches in half with the sticky sides together before flushing.

Scratch out all personal information on prescription containers before discarding.

Take advantage of programs that accept unused medications for proper disposal. Find the disposal location in your area by visiting www.AgainstOpioidAbuse.org/disposal.

Ask your physician's office or pharmacist if they provide medication disposal bags (these bags neutralize medicines to avoid damage to the environment).

You can also combine medication with dirt, kitty litter or used coffee grounds and place the mixture in a sealed plastic bag before discarding in the trash.

If you or someone close to you has an addiction to pain medication, talk to your healthcare professional or contact the Substance Abuse and Mental Health Services Administration’s treatment help line at (800) 662-HELP.