

PROPER USE OF MEDICATIONS:

- Do not share your medications with someone else.
- Keep track of your medications by using a medication log to ensure proper use.
- Take medications as directed, to prevent misuse and reduce risk of harm.
- Keep medications in the original container.
- Before you start taking an opioid medication, take a moment to ask your doctor:
 - Am I at risk for addiction?
 - Will something else work for pain management?
 - How long will I be taking this opioid prescription?
 - Are you prescribing the lowest possible dose?
 - What is the plan to taper me off the opioid?



PROPER STORAGE OF MEDICATIONS: Medications that are not properly stored are at risk of being stolen and can be a safety hazard for other family members and pets.

- Make sure to always keep your medications locked up and stored away, out of reach of children or pets.
- Keep medications in their original container. Remove or black out with a permanent marker your name and prescription number to protect your identity before disposing it.

PROPER DISPOSAL OF MEDICATIONS:

Unused or expired medications have the potential to be misused or stolen. Medications that are flushed down the sink or toilet may contaminate local water sources. You can safely dispose of your medications several ways:

- Take advantage of **Community Drug Take-Back Programs** that allow the public to bring unused medications to a central location for proper disposal. <https://dphhs.mt.gov/amdd/substanceabuse/dropboxlocations>
- The following items **CAN** be disposed of in Medication Drop Boxes:
 - Prescription Medications, Pet Medications, Over-the-Counter Medications, Prescription Ointments, Prescription Patches, and Vitamins
- The following items **CAN NOT** be disposed of in Medication Drop Boxes:
 - Needles, Thermometers, Hydrogen Peroxide, Inhalers, Lotions, Liquids and Aerosol Cans

For syringe disposal options go to link: <https://safeneedledisposal.org/>

Keep our communities safe and healthy by disposing medications in a safe way.

CONTACT

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RESOURCES

For more information about substance use disorder in Montana (and what DPHHS is doing about it), please see our Agency's strategic plan, *Addressing Substance Use Disorder in Montana*, at:

<https://dphhs.mt.gov/Portals/85/Documents/AddressingSubstanceUseDisorderInMontana.pdf>