



ENCINA WASTEWATER AUTHORITY

A Public Agency

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Pharmaceutical Disposal Resources and Sharps Disposal information:

Doing some spring cleaning and clearing out your medicine cabinet? Stop before you flush old or unwanted prescription or over-the-counter medications down the toilet or drain. These pharmaceuticals can pollute our water and unintentionally expose us to the chemicals in these medications.

Recent studies have found that medicines flushed down the drain can contaminate our lakes and streams, which can hurt fish and other aquatic wildlife, and end up in our drinking water. Some medications, such as hormones and antidepressants, include endocrine disrupting compounds (EDCs), which interfere with the reproduction and normal growth of many aquatic species, such as frogs and fish.

When medications are flushed down a toilet or drain, they enter the wastewater treatment system, which cleans up the water. Unfortunately, most of these treatments systems are not designed to remove dissolved medications.

In addition to the environmental impacts, prescription drugs in home cabinets are a significant cause of accidental poisoning. These drugs are also highly susceptible to misuse and abuse. Studies show that people who abuse prescription drugs often obtained them from family and friends, including from the home medicine cabinet.

San Diego County Environmental Health and Quality:

- https://www.sandiegocounty.gov/content/sdc/deh/waste/hhw/chd_pharmwaste.html

Prescription Drug Disposal Locations (English and Spanish):

- <https://www.sandiegocounty.gov/content/dam/sdc/deh/waste/pdf/chd/HHW/new%202017%20drug%20disposal%20brochure%20eng%20and%20span.pdf>

Sharps Disposal:

- https://www.sandiegocounty.gov/content/sdc/deh/waste/hhw/chd_hhw_sharps.html