

Safe Disposal of Used Pain Patches at Home

Pain patches are placed on the skin to help relieve pain. After you remove it, there is still a lot of medicine left in the patch. To reduce the chances of the used patch hurting other people, always remove and get rid of used pain patches safely.

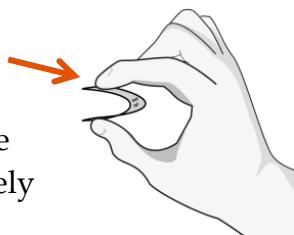
If used by accident or misused by others, used pain patches can cause harm or death to adults, children, and pets.

There is also a growing concern about medicine in our waste and water systems.



How to safely remove your patch

1. Remove the patch from your skin.
2. Fold the used patch in half, sticky side to sticky side.
3. Safely dispose of patch – see instructions on ‘How to safely get rid of a used patch’.
4. Clean your hands **with water only**.



Do not use soap. If the sticky surface of the patch touches your hands, the soap can make it easier for the medicine to pass through your skin.

How to safely get rid of a used patch

There are 2 ways to get rid of your used patch.

1. Store the used patch in a childproof, hard to open container.

You could get a large medicine bottle with a childproof lid from your pharmacy. Ask the pharmacy to add a sticker: ‘Keep out of reach of children’



Label the container: ‘Used patches to take back to the pharmacy’.

Store the container out of sight and out of reach of others, including children and pets.

Return it to the pharmacy as soon as you can.

2. Flush the patch down the toilet.

Only use this method if you need to get rid of the patch right away when you need to keep it from being reused, misused, stolen, or abused. Whenever possible, do not to choose this way unless you have to. We want to keep medicines out of our waste and water system.

If you have a septic tank or septic field, **do not** flush patches down the toilet.

For more information, go to
British Columbia Medication Returns Program
www.healthsteward.ca