



**MyMediSAFE**

**PhAMA**  
Pharmaceutical Association of Malaysia

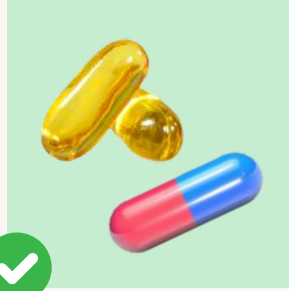
# Safe Medicine Disposal



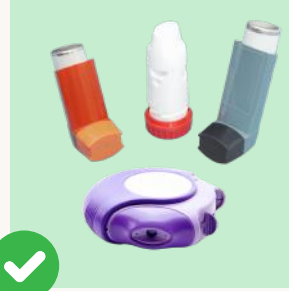
# What can & can't be dispose of ?



Tablet



Capsules



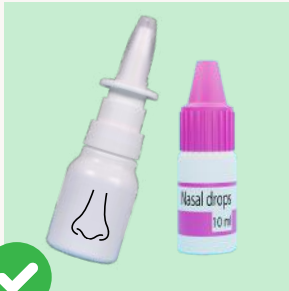
Inhalers



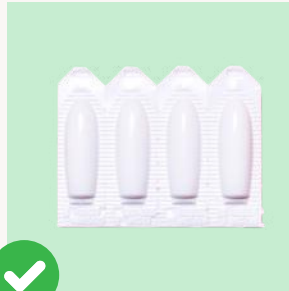
Liquid medications



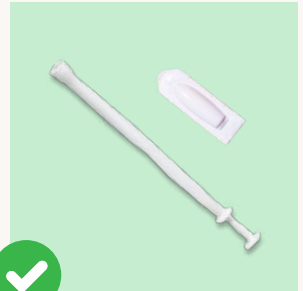
Eye drops



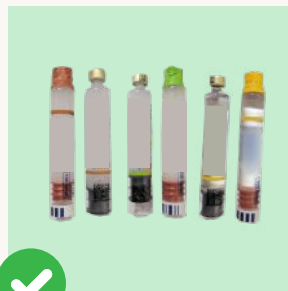
Nasal drops  
or sprays



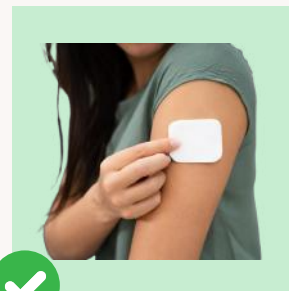
Suppository



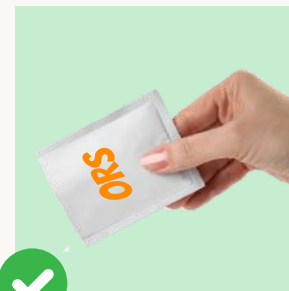
Pessary



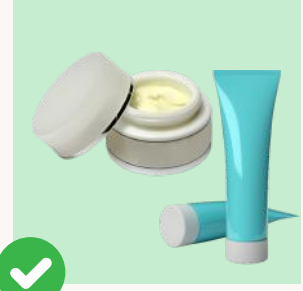
Insulin



Patches



Sachets



Topical  
preparations



Sharp materials



Medical  
Devices



Clinical wastes  
(Eg: gauze, diapers, used  
intravenous drugs)



Prosthetics

# When to dispose of my medications?



Patient **passed away**



**Change in medication regimen**



**Expired** medications



Experience any **side effects** or **allergic reactions** from medications



**Unused** medications



**Damaged** medications

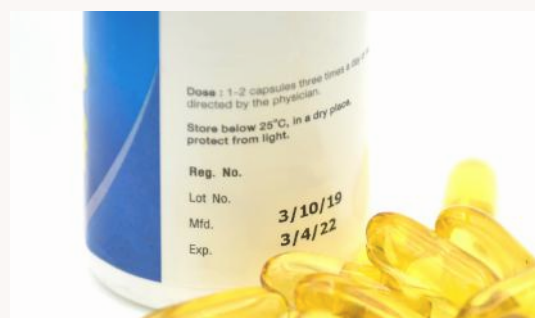


# Which medications can I dispose of?

## EXPIRED MEDICATIONS

- Medications which had **passed the “used-by” date** on the packaging
- Medications which **was not kept within the required environment** stated on the product packaging
- Expired medications can be identified by checking their packaging, where they are often **labelled with “EXP DATE”**

Wording on Packaging	Definition
Jan 2024 OR 01/24	Discard 31/01/2024
Best before January 2024	Discard 31/12/2023
Use by January 2024	Discard 31/01/2024
Discard after January 2024	Discard 31/01/2024
Use within one month of opening	Self-explanatory (ideally every 28 days)
Discard 7 days after opening	Self-explanatory



# Which medications can I dispose of?

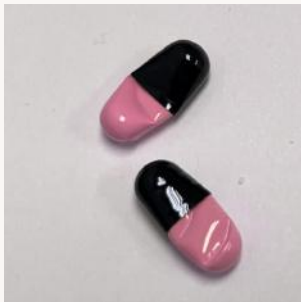
## UNUSED MEDICATIONS



- Medications that had **passed its expiry date**, **contaminated** and deemed unsafe to be used, or **no longer needed** by the patients

## DAMAGED MEDICATIONS

- Medications that have undergone **physical changes**, making them potentially unsafe or ineffective for use
- These changes can result from improper storage conditions, exposure to extreme temperatures, humidity, or contamination



Tablets or capsules that are cracked, broken, or chipped



Colour fading



Changes in colour



Unusual spots



Mould growth

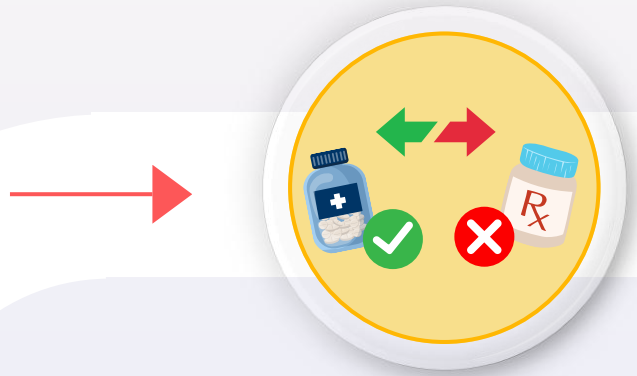
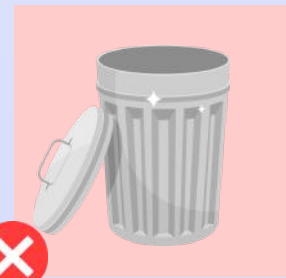
# How to dispose of my medications ?



**EXPIRED MEDICATIONS**

**DAMAGED MEDICATIONS**

**UNUSED MEDICATIONS**



## 1 SEPARATE

**SEPARATE** your expired, damaged or unused medications



## 4 DISPOSE

**DISPOSE** medications at your nearest MyMediSAFE partner for proper and safe disposal



## 5 SCAN

**SCAN** the QR code on the collection box and answer the short survey



2

## REMOVE

**REMOVE** your personal information and destroy the FarmaTag hologram safety label from the medication's packaging



3

## PACK

**PACK** your medications in suitable containers. Do not remove medications from their original packaging



**For a Greener Future,  
Let's dispose medications safely!**

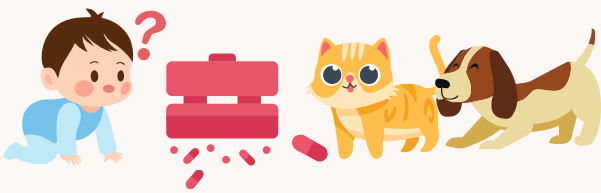
SHARE ME





# Why is it important to dispose of my medications safely?

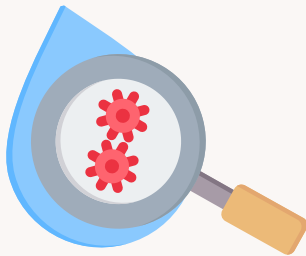
- To prevent health risks, environmental risks and financial losses



**Accidental Ingestion**



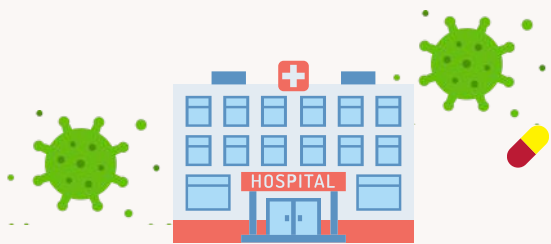
**Drug Misuse**



**Water Contamination**



**Harm to Aquatic Life**



**Healthcare Costs from Environmental Exposure**



**Environmental Cleanup and Waste Management Costs**



# What can you do to help reduce medication wastage?



**Check your medications regularly**



**Inform the pharmacist your medication balance**



**Take your medications accordingly**



**Bring your medication list**



**Do not store too many unused medications**

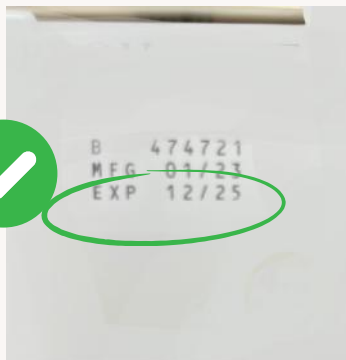


**Don't share unused medications**

# How to check medication expiry date?

## CORRECT METHOD

- Look at the drug strip or medicine box to check the drug's expiration date



## Safe Medicine Disposal Glossary

	ENGLISH	BAHASA MELAYU	中文	தமிழ்
	Safe	Selamat	安全	பாதுகாப்பான Pātukāppāṇa
	Medicine	Ubat	藥物	மருந்து Maruntu
	Disposal	Pelupusan	处理	அகற்றல் Agatṭral
	Expired	Luput	过期	காலாவதியானது Kālāvatiyāṇatu
	Expiry date	Tarikh luput	过期日期	காலாவதி தேதி Kālāvati tēti
	Unused	Tidak digunakan	未使用	பயன்படுத்தப்படாத Payanpaduttappatta
	Damaged	Rosak	损坏	சேதமடைந்தது Sehtamadainthathu



**MyMediSAFE**

**PhAMA**  
Pharmaceutical Association of Malaysia



**Let's make safe medicine disposal everyone's responsibility—take the first step with your pharmacist today!**

**Disposal Bin Location** 



**For More Information :**

[www.mymedisafe.org.my](http://www.mymedisafe.org.my)