

Take Back Day Sheet

Saturday, Oct 24, 2026, 10 a.m. to 2 p.m.

Educational only, not medical advice.



Parent to parent: unused or expired medicine can cause harm if a child or pet takes it by accident. It can hide in bathrooms, kitchens, bedrooms, and purses.¹ National Prescription Drug Take Back Day is a good day to clear it out.²

FIND A SITE NEAR YOU

- ☐ **Search by zip code.** Use the DEA collection site finder to find a Take Back Day location near you, and check its details before you go.²
- ☐ **Know the hours.** Saturday, Oct 24, 2026, 10 a.m. to 2 p.m.²
- ☐ **You are in good company.** Take Back Day collected 642,410 pounds (321 tons) in April 2026, and more than 21 million pounds all time.³

CLEAN OUT YOUR MEDICINES AT HOME

- ☐ **Gather it all.** Check bathrooms, kitchens, bedrooms, and purses for unused or expired medicine, prescription and over the counter.¹
- ☐ **Take back first.** The FDA says a take back option is the best way to dispose of most unused or expired medicines.¹
- ☐ **Check the Flush List.** If a medicine is on the FDA Flush List, follow the FDA guidance for it.¹
- ☐ **No take back option? Use the trash steps.** Do not crush pills. Mix them with dirt, cat litter, or used coffee grounds, seal the mix in a plastic bag, and put it in the trash.¹
- ☐ **Protect your privacy.** Scratch out your personal information on the empty bottle label.¹

MISSED SATURDAY? BACKUP OPTIONS

- ☐ **Year round take back.** Take back locations can be at a local pharmacy or police station.¹
- ☐ **Prepaid mail back envelopes.** Mail unused medicine away with a prepaid envelope.¹

Worried someone swallowed something they shouldn't? Call Poison Help.⁴ **1 800 222 1222**

Not breathing, passed out, or having a seizure? **Call 911.**

Sources (titles are clickable links)

[1. FDA. Disposal of Unused Medicines: What You Should Know](#)

[2. DEA Diversion Control Division. Take Back Day collection site finder](#)

[3. DEA. National Prescription Drug Take Back Day](#)

[4. HRSA. Poison Help](#)