RESISTANCE.

Monthly Antimicrobial Memo May 2021

Ever wonder what to do with those leftover antibiotics? Review the harms of unused antibiotics and proper ways to dispose of them.

By: Stephanie Duehlmeyer, PharmD, BCPPS, Annie Wirtz, PharmD, BCPPS

IS IT OK TO STOP MY ANTIBIOTICS EARLY IF I FEEL BETTER?

• Take the antibiotics for the full prescribed duration, even if you feel better

Take

- Even if you feel better, this may not mean the infection has resolved
- Fewer days of antibiotics can be used to treat some specific types of infection. Ask your doctor if a shorter course can be considered for you



IS IT OKAY TO KEEP ANTIBIOTICS FOR USE AT A LATER DATE?

- Only use antibiotics as directed by your doctor
- Leftover antibiotics may be expired or stored incorrectly and may not work as well
- The dose or type of the leftover antibiotic may not be correct and could cause harm

Never save antibiotics for future use.

WHY SHOULD YOU DISPOSE OF ANTIBIOTICS SAFELY?

Medication disposal in the trash or by flushing down the sink/toilet can be harmful Harms of incorrect antibiotic disposal include:

- Accidental ingestion by children or pets
- Environmental pollution
- Water contamination & subsequently antibiotic resistance



Incorrect antibiotic disposal negatively impacts the environment.

HOW TO DISPOSE OF UNWANTED/EXPIRED MEDICATIONS SAFELY

National Drug Take Back Program takes place twice per year (April and October).

- Find a collection site at https://takebackday.dea.gov/ Children's Mercy Adele Hall and Kansas outpatient pharmacies have <u>"MedSafe" drug disposal boxes</u> that anyone can use to drop off unwanted medications
- Adele Hall: 8am-7pm daily
- Kansas: 9am-5:30pm Mon-Fri

CM's safe drug disposal options <u>here</u>.

Check out



CMH Antimicrobial Stewardship Program AntimicrobialStewards@cmh.edu



Guest author, Stephanie Duehlmeyer, is a Clinical Pharmacy Specialist in Pulmonary Medicine at CM. She received her Doctor of Pharmacy Degree from Drake University and completed a PGY1 Pharmacy Residency at CM. She is board certified in pediatrics and works with pulmonary patients in the inpatient and ambulatory care setting for 4 years.