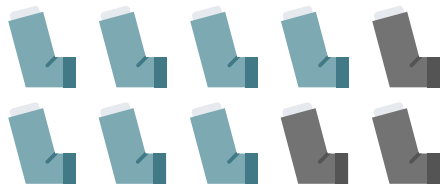
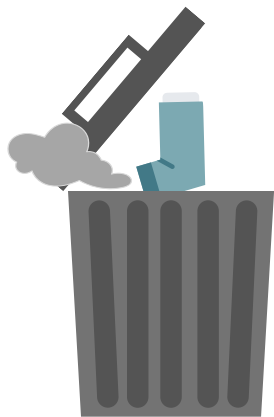


HOW TO DISPOSE OF YOUR INHALER

7 out of 10



inhalers are thrown away before being empty.¹



When thrown into the garbage for landfill, inhalers release harmful greenhouse gases into the environment.²



Ensure that you are using your inhaler correctly and dispose of it when it is empty.



Ask your clinic or pharmacy to see if they have a recycling or disposal program.*



Do NOT throw them in your household garbage or recycling.



Returning your inhaler to be recycled or incinerated can save the equivalent of up to



litres of gasoline²

*If you live in British Columbia, Manitoba, Ontario or Prince Edward Island, visit healthsteward.ca to find what local pharmacies take back used inhalers.

1. Roome C, Bush O, Steinbach I, et al. (2021). 562 Reducing the environmental impact of inhaler use and disposal within paediatrics and the local community. Archives of Disease in Childhood, 106: A41-A42.

2. Wilkinson AJ, Braggins R, Steinbach I, Smith J. (2019). Costs of switching to low global warming potential inhalers. An economic and carbon footprint analysis of NHS prescription data in England. BMJ Open, 9(10).

Adapted with permission from Justin O'Connor-Cook, PharmD student, and Brenda Chang, Clinical Pharmacy Coordinator, at Unity Health.

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