

Department of Health

Diabetes Prevention and Control - Safe Disposal of Syringes and Lancets

- Find and empty a plastic bottle that has a screw-type cap. Examples: bleach, fabric softener, detergent or shampoo bottles. The #1 plastic soda bottle is recommended because it is more puncture-resistance. It is identified with a “1” inside a triangle of arrows on the bottle bottom.
- Label the bottle with a warning “DO NOT RECYCLE”.
- After you use a syringe or lancet, drop it into the bottle. Don’t break off the needles; drop in the whole syringe and recap the bottle.
- Don’t fill the bottle to the top with needles. Leave a few inches of space at the top.
- When you are ready to discard the bottle, tightly close the cap and place heavy tape over the closed cap.
- Discard the bottle in your household trash. Do Not Recycle.

Do not throw syringes or lancets in the trash unless they are contained in a bottle.

Do not flush syringes or lancets down the toilet.

Do not burn syringes or lancets.

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