



First Nations Health Authority
Health through wellness

Safe Disposal of Used Patches

Never place used patches in the garbage or septic system.

WHY?

Skin patches can be a great method to relieve health conditions such as tobacco craving, pain and also hormone therapy. However, other people can get hurt if the patches are not thrown away safely. If used by accident or misused by others, used patches can cause harm or death to adults, children and pets. This information is meant to help you learn how to use and throw away your patches safely.

GETTING RID OF YOUR PATCH SAFELY

- Remove the patch from your skin. If someone else is removing (or applying) your patch for you, the person should wear gloves.
- Fold the used patch in half, sticky sides together.
- Place the patch in a hard-to-open, (childproof) container.
- Clean your hands with water only, no soap.
- Store the container out of sight and reach of others, including children and pets.
- Take the container to your health centre or pharmacy.
- Always remove your patch first, before putting on a new one.

OTHER THINGS TO CONSIDER

- Avoid exposing the patch to heat such as hot tubs, saunas or heating pads.
- Never cut the patch.
- Medical tape can be used to help the patch stick better. Only apply to the edges of the patch.



**If you have any questions about the safe disposal of your Patches,
please contact your local Nurse or Pharmacist.**