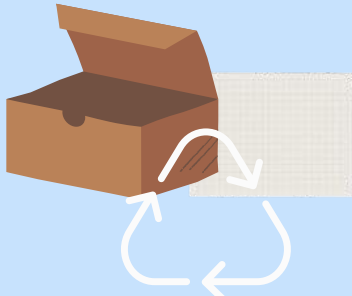
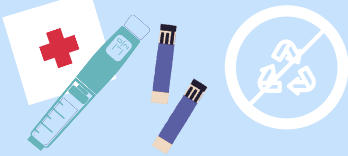
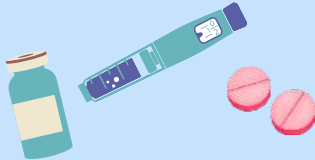
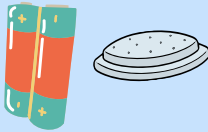
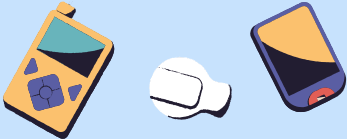


How should I dispose of T1D waste?

DISPOSAL METHOD	TYPE OF WASTE	SPECIFICS
Biomedical waste container 	Sharps, including:  • <u>Insulin pen needles</u> • <u>Syringes</u> • <u>Lancets</u> • <u>Needles from infusion sets and continuous glucose monitor (CGM) installation devices</u>	• These <u>free-of-charge containers can be returned after use at certain service outlets</u> (e.g., community pharmacies, CLSCs, external diabetes clinics). There are containers of various sizes. • These containers can be found in the bathrooms of certain public places. • <u>Do not toss needles in the trash</u> to avoid any risk of accidental jabs (e.g., for the person picking up the trash) and infection transmission (e.g., HIV, hepatitis B or C). • Avoid placing non-sharp objects that take up space in the container, which <u>should be used to dispose of sharps only</u>. For example, don't place your insulin cartridges or alcohol swabs in the container. • <u>You can use pliers to separate the needle from the rest of the supplies</u> (e.g., insertion device, infusion set) and place it in the sharps container, while disposing of the rest (plastic part) in the trash or recycling, depending on the type of plastic. •
Recycling 	Wrappers, papers and some plastics  • <u>Wrappers</u>. Most cardboard boxes used for transporting materials are recyclable. • <u>Papers</u>. You may want to strike out any confidential information on your documents (e.g., insurance, medical documents), or shred them before recycling. • <u>Plastics</u> (see specifics).	• The <u>Ça va où?</u> (Where does it go?) app can help you to figure out how to dispose of your waste. • Plastic containers have with a little recycling symbol (arrows arranged in a triangle) and a number. All plastic containers and wrappers can be placed in the recycling bin, <u>except for number 6 containers</u>. • This means some supplies (e.g., infusion set, sensor installation device) can go in the recycling bin, as long as you remove the needle (if applicable) and dispose of it in the yellow container.

DISPOSAL METHOD	TYPE OF WASTE	SPECIFICS
Trash 	Non-recyclable materials  • <u>Alcohol swabs</u> and their packaging • <u>Blood sugar and ketone test strips</u> • <u>Decorative adhesive stickers and patches</u> for CGMs and insulin pumps • Control solutions (fake blood) • <u>Insulin pens</u> (needle and insulin removed) • <u>Insulin vial or cartridge</u> (needle and insulin removed) • <u>Non-recyclable plastics</u>	
Pharmaceutical waste 	Tablets, insulin 	• If you have any medications that you no longer take or that are expired, they need to be returned to the pharmacy and placed in a drug disposal container.
Hazardous waste 	Batteries 	• There are different recycling programs in Quebec. <u>Call2Recycle</u> is the management organization that was recognized by the Société québécoise de récupération et de recyclage (RECYC-QUÉBEC). You can find a drop-off point near you on this site.
Electronic waste 	Electronics  • <u>Insulin pump controller</u> • <u>CGM transmitter or emitter</u> (e.g., Dexcom or Guardian) • <u>Capillary blood sugar meter or CGM</u> (e.g., Dexcom or FreeStyle receiver)	• There are no organizations that recycle T1D-related electronic waste in Quebec. • The best solution is to <u>contact the company that manufactures your insulin pump or blood sugar meter</u> to ask whether they can be returned. Some companies may recycle or reuse some parts. • Omnipod offers a <u>pod recycling program</u> called <u>ECO-Pod</u>. You simply need to get the (free) pre-paid envelope to return your pods after use to the company.