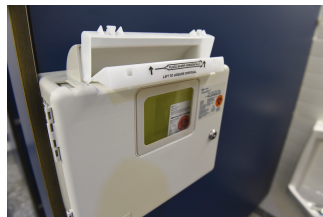


# Disposing of Sharps

Unfortunately most cities do not allow sharps such as the lancet you used to complete your-self test to be disposed of via regular waste. Your **used lancets** need to be disposed of in a yellow sharps pail. **Pharmacies will accept your used lancets.** If the yellow pail isn't clearly visible at a pharmacy, you can tell the pharmacist that you recently participated in a study that required a finger prick test and that you need to drop your lancet in a sharps container, or simply ask to use their sharps pail. You shouldn't be asked any questions by the pharmacist, but if you are, remember that you are not obligated to disclose any information that you don't wish to. You can also tell the pharmacist to contact the research team with their questions, and we will be happy to answer them. We can be reached by phone during regular business hours at 604-568-7478 or by email at [info@cbrc.net](mailto:info@cbrc.net). **You can also find yellow sharps pails in many public restrooms, at hospitals, doctors offices and harm reduction centres.** Everything else (including unused lancets) can be disposed of normally (in your household waste). A few examples of sharps containers are shown below to help you find what you're looking for. Sometimes the yellow pail will be inside a wall mounted casing. All sharps containers will say "Sharps" on the outside, and show the biohazard warning sign.



If you would like additional help locating a convenient sharps pail, your local health authority can assist you. Their contact information is listed below. Use the menu options to speak to an operator, and ask where you can dispose of your lancet.

You may also access sharps disposal via a harm reduction agency listed on the BC Centre for Disease Control's Toward the Heart Program's location finder. Please note that not every agency listed accepts sharps, you will need to find an agency that does if you choose to use this tool. They can be found here: <https://towardtheheart.com/site-finder>

## Health Authority Contact Information:

### Fraser Health

Fraser Health Corporate Office  
Suite 400, Central City Tower  
13450 102nd Ave.



**University  
of Victoria**

Surrey, BC V3T 0H1

Phone: 1 877 935-5669 (toll-free), 604 587-4600 (local)

### **Interior Health**

Interior Health Corporate Office

505 Doyle Avenue

Kelowna, BC V1Y 0C5

Phone: 250 469-7070

Email: [feedback@interiorhealth.ca](mailto:feedback@interiorhealth.ca)

### **Island Health**

Island Health Corporate Office

1952 Bay St.

Victoria, BC V8R 1J8

Phone: 250 370-8699

Email: [info@viha.ca](mailto:info@viha.ca)

### **Northern Health**

Northern Health Corporate Office

#600, 299 Victoria St.

Prince George, BC V2L 5B8

Phone: 250 565-2649

### **Vancouver Coastal Health**

Vancouver Coastal Health Corporate Office

11th Floor 601 West Broadway

Vancouver, BC V5Z 4C2

Phone: 1 866 884-0888 (toll-free), 604 736-2033 (local)