



bag it and bin it,
don't flush it!

your guide to bathroom waste



**Scottish
Water**

Always serving Scotland

don't flush it!

never flush

- Sanitary items – towels, tampons, applicators, panty liners, backing strips etc.
- Disposable nappies, liners and baby wipes
- All wipes – including baby, bathroom and toilet
- Condoms and femidoms
- Cotton buds, cotton wool
- Razors, toothbrushes
- Contact lenses
- Incontinence pads
- Colostomy bags
- Used bandages
- Syringes and needles
- Medicines



The only things which you should ever flush down the toilet are human waste and toilet roll (not too much!).



why bag it and bin it?

what happens when you flush

A staggering 300 million items of sanitary waste are flushed down Scotland's toilets every year. The waste water drain which runs from your house is just 4 inches wide, and it's only designed for human waste and toilet roll. Flushing anything else can cause blockages in your drains. So every item you flush could make this problem worse.

this affects you

If you don't **Bag It and Bin It**, your toilet and drains could get blocked – costing you time and money to fix.

this affects everyone

Flushing any of the 'never flush' items can also block public sewers, and damage the screens at waste water treatment works which are used to filter out the waste – so that water can be returned safely to the environment.

this affects the environment

During heavy rainfall, the flow of waste water in sewers increases hundreds of times. Diluted waste water can sometimes be allowed to flow into rivers or the sea to prevent homes from flooding. Unfortunately, if 'never flush' items have been flushed these can also escape, polluting rivers and beaches. This causes a health hazard, harms wildlife, and it's awful to look at too.

the best way to dispose of personal items

sanitary towels, tampons and panty liners

Wrap well and put them in the bin. A bin can be kept in the bathroom for used products. Special disposal bags are available at pharmacies and supermarkets. In public toilets, place used items in the proper disposal unit.

condoms, incontinence pads and used bandages

Wrap well and put them in the bin.

disposable nappies, liners and baby wipes

Wrap well and put them in the bin. Never flush the nappy away.

razor blades

Place used blades in a solid container, before putting in the bin to avoid injury. Never flush blades down the toilet.

medicines

Return all unused or unwanted medicines to a pharmacy for safe disposal. Do not flush them down the toilet or put them in the bin. Always keep medicines out of reach of children.

used syringes and needles

Needles and syringes should be disposed of properly using a sharps box or taken to your nearest Needle Bank. Your local doctor or hospital can tell you where this is.

remember:

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Don't flush it!**



how Scottish Water is helping

Scottish Water is committed to tackling the problem caused by waste. We are investing millions of pounds upgrading and building new waste water treatments works and waste water systems to do this.

help us to help you

You can make a difference. By doing a little you can help a lot. Just **Bag It and Bin It** and you won't meet your waste again. Do your bit to help keep our rivers and beaches clean.

cooking fats

We would not only encourage you to bag and bin items of sanitary waste with your household rubbish but it is also important to properly dispose of any fats, oil and grease. Fat traps can be used to recycle cooking fats. It's a small plastic pot which can be used to store used animal fat (such as bacon grease or chicken fat). We advise you to put any fats, oil and grease into a fat trap or sealable container, allow it to cool, and dispose of it with your household rubbish. For further information on our fat trap campaign visit www.scottishwater.co.uk/fatrap or alternatively call our Customer Helpline on **0845 601 8855** and quote 'fat trap'.

remember:

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Don't flush it!**



You can write to us at:

Scottish Water

PO Box 8855

Edinburgh, EH10 6YQ

Alternative formats of this leaflet can be made available free of charge. For information on Braille, large print, audio and variety of languages, please call our Customer Helpline.

If you have a disability, medical condition or other reason where you will need special assistance from Scottish Water then please contact us and we can add your name, address and special requirements to our confidential Additional Support Register.

We record all calls for quality and training purposes.

For more information on Scottish Water and our services call our Customer Helpline on **0845 601 8855** or visit our website at:

www.scottishwater.co.uk