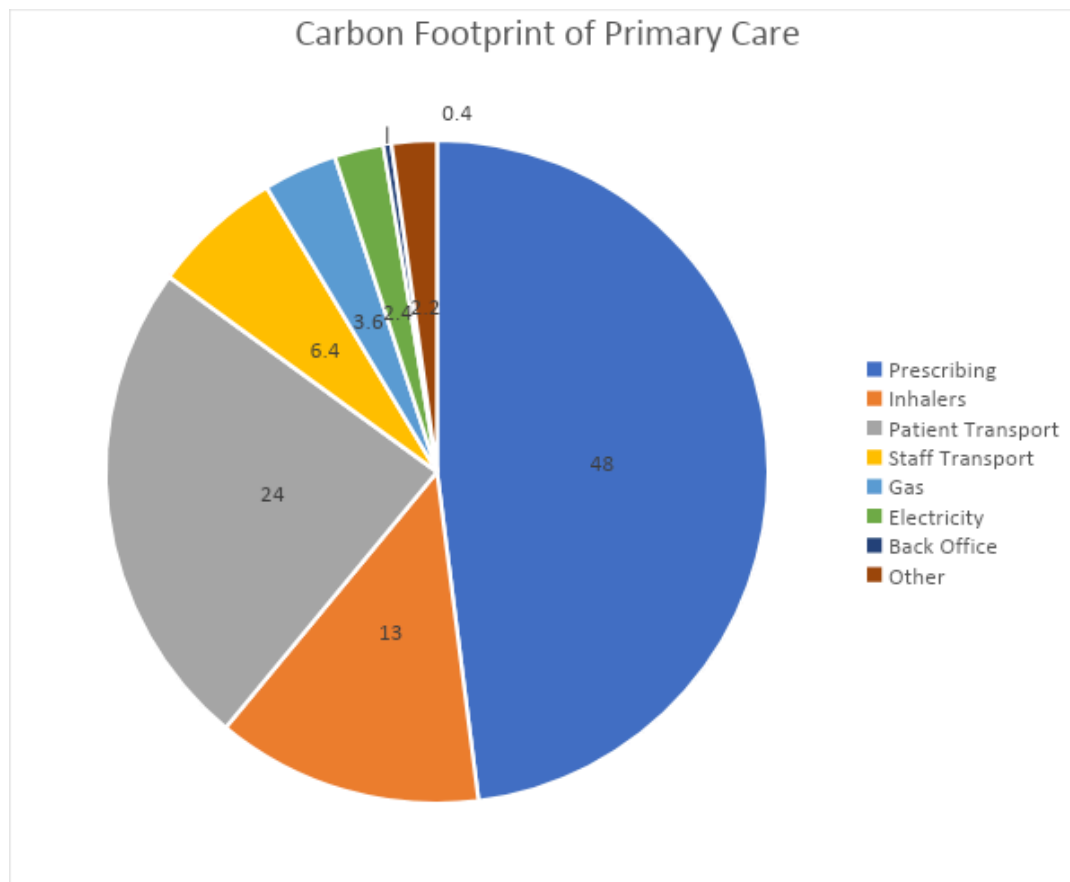


Medicine wastage – a cost to the NHSand the planet

Medicines & inhalers account for 61% of the carbon footprint of healthcare in the community.



£300 million of medication is estimated to be wasted every year

Here are some ways you can help reduce wastage, save money and save carbon.

1. Check your medicines **BEFORE** you leave the pharmacy. If you find unwanted medicines before you leave the building they can be returned and issued to someone else. If they are taken home before being returned they have to be **DESTROYED**.
2. Only tick the medicines you need when you order. Medicines you don't tick will **STILL BE ON THE FORM** next time for you to order then.
3. Do not reorder medicines unless you have **LESS THAN 2 WEEKS** supply left. If you need to order early for a holiday – please add an explanatory note.
4. Always finish your current containers before opening new ones.
5. **NEVER** order medicines you no longer use or need.
6. If you stop taking a medicine please **LET YOUR DOCTOR OR PHARMACIST KNOW**
7. If you are taking a medicine you don't believe is helping your condition don't just stop it. Please **DISCUSS** your concerns with your GP.
8. If you are using a medicine less frequently than previously prescribed – please **TELL** your GP as the quantity of tablets can be reduced to reduce stockpiling.
9. Remember please **NEVER FLUSH MEDICINES DOWN THE TOILET**. This goes straight into the water supply and is very damaging to wildlife. *Unwanted medicines and empty inhalers should be returned to your pharmacist for safe disposal.*