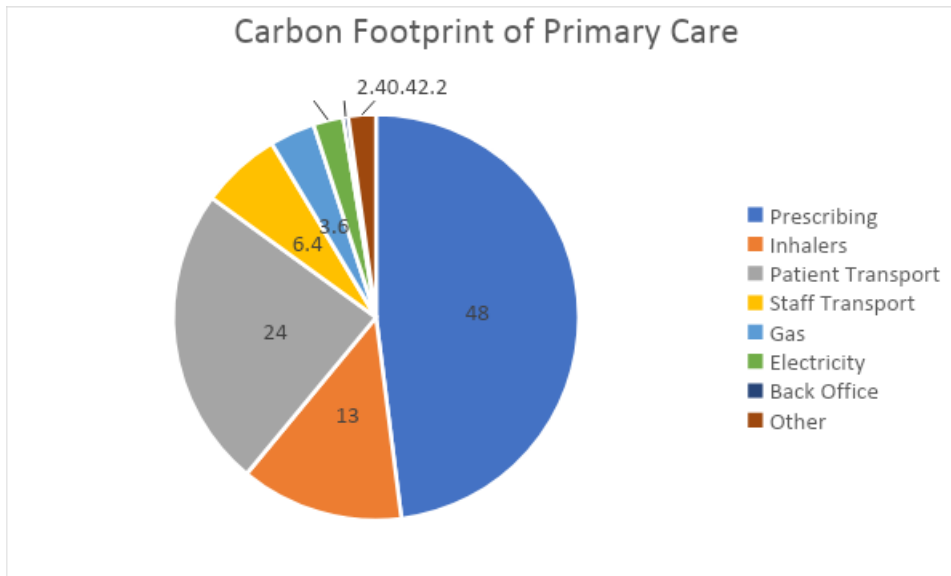


Medicine wastage – a cost to the NHS and the planet

Medicines account for 48% of the carbon footprint of healthcare in the community.



A staggering £300 million pounds 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. Medicines should be returned to your pharmacist for safe disposal.



You can return any unused or old medicines to your local pharmacy for safe disposal. This will help reduce water pollution and harm to aquatic life.

Poster produced by:



Ref

<https://eaststaffscg.nhs.uk/your-health/how-to-prevent-medicines-waste>