

Waste not, want not

£4.5 million was wasted on unwanted medicines across North Staffordshire and Stoke-on-Trent last year alone!



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That's the same as it would cost for 17,666 cancer patients to have chemotherapy treatment or for 940 hip replacements.



Waste not, want not

Please tell your GP or pharmacist
if you feel you don't need any of
your prescribed medicines.



How can you help your local NHS tackle the problem of medicines waste?

- Discuss your medicines with your GP or pharmacist on a regular basis
- Let your GP or pharmacist know if you are having difficulty with any of your medicines, have stopped taking any, or take less than instructed
- Check what medicines you have at home before re-ordering your prescription



How can you help your local NHS tackle the problem of medicines waste?

- If you don't need the medicine, don't order it! If you need the medicine in the future you can still request it
- If your pharmacy or anyone else order your medicines, let them know if there are any you don't need
- If your medicines run out at different times, ask your GP to synchronise them
- If you need to go into hospital, take all your medicines with you

REMEMBER

- **Medicines should not be used after their expiry date**
- **Unwanted or out of date medicines should be returned to a pharmacy for safe disposal**
- **Unwanted medicines cannot be reused for other patients**
- **Your medicines are prescribed for you. It is not safe to share them with anyone else.**

