

Order wisely...

- Check what medicines you still have at home before re-ordering.
- Think carefully before ticking all the boxes on your repeat prescription request forms and only tick those you really need.
- If you don't need the medicine - don't order it! If you need the medicine in the future you will still be able to request it.
- Let your GP or pharmacist know if you've stopped taking any of your medicines.
- If you are going into hospital please take all your medicines with you.



**Wasted
medicines
waste
money**

**Returned
medicines
cannot be
re-used**

**Only
order
what you
need**

Adapted, with permission, from a leaflet produced by
NHS North East Essex

NHS

Lincolnshire

**Unused medication
at home?**



What's the cost?

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Did you know?...

- Each year approximately £300million (4% of the national drug budget) worth of unused medicines are disposed of in England.
- Medicines waste generated in Lincolnshire accounts for approximately £6million of this total.
- Waste medicine has to be destroyed by incineration causing further cost, damage and pollution to the planet.

Unused medicines...

- Cannot be reused, even if they have never been opened.
- Can be a safety risk to children and others who may accidentally take them.
- Should be disposed of safely by your local pharmacy or dispensing practice.

Unused prescription medicines cost NHS Lincolnshire £6million every year

Many medicines that are prescribed go to waste because people simply stop using them or decide not to use them in the first place. It is important you are happy with what has been prescribed and understand how to take it. If you are thinking of stopping any medicine you should discuss this with the prescriber or pharmacist first.

It's up to you

Health professionals rely on the information that you give them to decide on the right medicine, dose and form (e.g. tablets or liquid) for you. Make sure you give them as much information as possible e.g. if you have problems swallowing tablets or difficulty opening bottles.

Remember... only order what you need and help us make more of your local NHS

Help us to tackle the problem of wasted medicines

Medicines wastage is a serious problem for the NHS.

Some patients or carers with repeat prescriptions order more medication than they really need and stockpile them at home.

People often continue to order medicines they are no longer taking and do not need.

All of this wastes millions of pounds. **You can help to reduce this waste by ticking only what you need.**

