

More money will be available in the NHS to spend on patient care if we reduce the amount of wasted medicines



STOP before you request your medicines.

THINK what medicines do you really need.

GO ahead – order only what you need.

NHS Hampshire
Medicines Management Team

**Don't let your
medicines go to
waste**



“Making Sense with Medicine”

WHY WORRY ABOUT MEDICINES BEING WASTED?

- Every year in the UK, millions of pounds are wasted on medicines that are prescribed but not used.
- This money could be used in other areas within the NHS.
- Medicines returned to the pharmacy **cannot** be used again even if they are unopened.
- However, medicines that are no longer needed should **always** be returned to the pharmacy for safe disposal.

The most expensive medicine is the one you do not use

WHY ARE MEDICINES WASTED?

- Some people order **all** their medicines each month because:
 - they worry about running out.
 - they do not recognise the names or remember what they are for.
- Some waste cannot be avoided, for example after a change of treatment.

You can help prevent medicines being wasted

WHAT CAN YOU DO TO STOP MEDICINES BEING WASTED?

- Find out how you should order your

medicines every month.

- **Only order the items that you need.**
- If any of your medicines have been stopped or changed, make sure you tell your GP.
- Find out the names of your medicines and what they are for. Ask your pharmacist or GP for advice.
- Don't be tempted to order medicines "just in case" as stockpiling can be dangerous. Medicines can go out of date or fall into the wrong hands.

Only order the medicines you need

Remember: Medicines include tablets, capsules, inhalers, creams and ointments

HOW WILL THIS BENEFIT YOU?

By only ordering what you need, and not stockpiling medicines, you will reduce the risk of:

- Accidentally taking a medicine that has been stopped or changed by your GP or hospital doctor.
- taking medicines that have gone out of date.
- Medicines getting into the wrong hands.

