

**Unused prescription medicines cost the NHS in London an estimated £39.4million every year.**



This is the equivalent of around...

✓ **1,548 MORE nurses\***

**OR**

✓ **39,438 MORE drug treatment courses for Alzheimer's\***

**OR**

✓ **2,605 MORE drug treatment courses for breast cancer\***

**OR**

✓ **10,636 MORE hip replacements\***

**OR**

✓ **41,038 MORE cataract operations\***

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

\* Based on average costs



**REPEAT PRESCRIPTION?  
What you need to know**

**Only Order   
What You Need**

[www.medicinewaste.com](http://www.medicinewaste.com)

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## Help your local NHS tackle the problem of medicine waste

Medicine waste is a serious and growing problem within the NHS.

Sometimes, patients or their carers continue to request more repeat medicines than they really need and stockpile them at home.

This wastes millions of pounds and huge quantities of medicines.

To get the best from your medicines, ask your GP or pharmacist for advice.

### Wasted medicines waste money

- Unused prescription medicines cost the NHS in London an estimated £39.4million every year.

### Unused medicines cannot be recycled

- Even if you never open them, once medicines have left the pharmacy they cannot be recycled or used by anyone else.
- Please take your unused medicines to the pharmacy for safe disposal.
- Do not flush your medicine down the toilet.

### Unused medicines are a safety risk

- Unused medicines kept at home are a safety risk for children and others who might take them.

## How can you help?

### Only order what you need

- Let your GP or pharmacist know if you are having difficulty, or have stopped taking your medicines.
- Check what medicines you still have at home before re-ordering.
- Discuss your medication with your GP or pharmacist on a regular basis.
- Think carefully before ordering your repeat prescription and only order the items you need.
- 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 you need to go into hospital, please take all your medicines with you.
- Please remember your medicines are prescribed for you - it is not safe to share them.

For further information visit:  
[www.medicinewaste.com](http://www.medicinewaste.com)

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