

Don't be a hoarder. Don't over order.



Unused prescription medicines cost the NHS in North Staffordshire and Stoke-on-Trent £2.7 million every year.

This could pay for 10,600 cancer patients to have chemotherapy treatment or 564 hip replacements.*
Only order what you need at the time.

*estimated figures

How can you help your local NHS tackle the problem of medicine 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.
- If you don't need the medicine, don't order it! If you need the medicine in the future you can still request it. This includes medicines that are prescribed to be used as and when required.
- If your pharmacy or anyone else orders 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- Unwanted or out of date medicines should be returned to a pharmacy for safe disposal.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 that are returned to the pharmacy are **DESTROYED**. They cannot be re-used for other patients.
- Your medicines are prescribed for you. It is not safe to share them with anyone else.

For more information visit:

www.northstaffsccg.nhs.uk
www.stokeccg.nhs.uk

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