

WASTING MEDICINES WASTES MONEY!



Over **250 tons** of unwanted medicines are returned each year in Wales at an estimated cost of **£50 million** to the NHS.

You can help reduce this and allow the money to be used more effectively by following the advice below:

- Always understand what your medicine is for and how to use it correctly: ask your GP or Pharmacist if you are unsure.
- Tell your GP or Pharmacist if you have stopped taking a medicine; this will ensure unwanted medicines are not wasted and help health professionals plan the best treatment for you.
- Before ordering a repeat prescription, ask yourself whether you actually need it and whether you intend taking it.
- Don't stock pile medicines: they could go out of date or be taken by a child.

- Don't share your medicines with others or take someone else's medicines.
- Take time to understand the side effects, the benefits and the risks of your medication.
- On admission to hospital always take your medicines with you.

REMEMBER!

Unwanted medicines can not be reused or recycled, they have to be destroyed.

Only order what you need.

SAFE RETURN OF WASTE MEDICINE

Return waste medicines to your local pharmacy or Dispensing GP for safe disposal.

Do not dispose of unwanted medicines in household waste or down the toilet.