

Tips for Reducing Medicines Waste

- Only order what you need.
- Check what medicines you already have before ordering more.
- Think before you tick the repeat prescription boxes.
- If you no longer take a medicine, tell your GP/pharmacist.
- Return unused medicine to a pharmacy.
- Don't stockpile medicines – if you run out, contact your GP/ pharmacist.
- If you go into hospital, take your medicines with you.
- Returned medicines cannot be reused, recycled or sent abroad - they are all destroyed.



Only Order The Medicines You Need

Wasted medicines means wasted £ millions

What are wasted medicines?

Wasted medicines are unused medicines which have been prescribed for named patients and are not required.

Medicine waste can occur due to patients over-ordering medicines on repeat prescriptions, or continuing to order medicines which they no longer take.

Wasted medicines cost NHS Fife over £2 million each year.

What should I know about prescribed medicines?

Make sure you know:

- The name of your medicine
- The dose of your medicine
- How and when it should be taken
- Why you are taking it
- How long you should continue to take it
- How it should be stored
- The expiry date

Remember, if you have any questions on any of your medicines, ask your pharmacist or GP

Stockpiling medicines at home can also be a safety risk.

It is important to return any unused medicines to your local pharmacy. Medicines returned to pharmacies are all destroyed, even if unopened or unused – they cannot be reused, recycled or sent abroad for legal reasons.

What can I do?

Remember, only order what you need, and ask your pharmacist or GP if you have any issues or questions about your medicines.