

Please help us to reduce waste medicine

Some patients will have been aware of our recent campaign/drug amnesty-this has proved to be very successful with £2000 worth of unused drugs being returned in just a couple of days at Bakewell and Tideswell surgeries.

The problem is clearly much wider than just locally and a campaign is being held across Derbyshire and Nottinghamshire highlighting this-there is a massive amount of wasted money; wasted medicine is everyone's responsibility and there are small changes you can make to help reduce the amount of medicine being wasted. These savings could be reinvested into more front line care and services for the benefit of all

Across Nottinghamshire & Derbyshire it is estimated that 13.9M pounds per year is spent on wasted medicine.

There are a number of ways that you can help to reduce the issue of wasted medicines and save money for your local NHS:

Only order the medicines that you need

- Please let your GP or Pharmacist know if you've stopped taking any of your medicines, they will be happy to talk to you about this
- 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 ticking all the boxes on your repeat prescription forms and only tick those you really need
- If you don't need the medicine please 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 remember to take all your medicines with you in a clearly marked bag
- Please also remember that your medicines are prescribed only for you; it's not safe to share them with anyone else

Remember that 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 bring your unused medicines to the Pharmacy for safe disposal
- NEVER dispose of your unused or unwanted medicines down the toilet

Unused medicines are a safety risk

- Return out of date medicines to your pharmacy or dispensary for safe disposal
- If your medicines change - return your old medicines to the pharmacy for safe disposal to avoid mixing them up with your new medicines
- Don't stockpile medication - it is a safety risk for children and others who might take them
- Store medicines in an appropriate place out of reach of children

During September 2015 a local Twitter campaign will be promoting these messages you can follow the campaign and get involved in the conversation, #dontjusttickthebox



[@QIPPLN](https://twitter.com/QIPPLN)

Wasted or unused medicine is a serious and growing problem within the NHS thank you for your help protecting our NHS.

Find out more about taking your medicines [here](#).