

Only order what you need: patient/public facing information

Are your medicines stacking up? Only order what you need

Every year, about £18 million worth of medicines goes to waste in West Yorkshire. This includes things like inhalers, pain medicine, and creams.

The NHS needs your help! Following these easy steps when ordering your medicines:

How you can help

1. **Only order what you need** - before getting more, check what medicines you already have.
2. **Return extras** – when picking up your medicines at the pharmacy, only take what you need. If you return something before leaving, it can likely be reused
3. **Stick to your routine** – order your medicines when you're running low (7-10 days before its needed), and no earlier

By doing this, you will:

- Get the right medicines and care
- Help reduce waste
- Save NHS resources
- Help reduce environmental harm

It's also safer! Keeping too much medicine can cause confusion especially if your prescription changes and harm to children and pets in the home if they come into their reach.

You are encouraged to speak with your GP or pharmacy team if there are repeat medicines you no longer need or want to take anymore. A more appropriate plan will then be discussed with you if necessary.

If you have any questions, your GP, practice team or pharmacy team can help. Reach out to them for advice.

Find out more by visiting the website: www.wypartnership.co.uk/orderwhatyouneed

West Yorkshire
Health and Care Partnership



**Help us reduce medicines
waste by only ordering
what you need.**

wypartnership.co.uk/orderwhatyouneed

NHS

