

Making the change...

Please use the table (overleaf) to record which medicines you take and how many of each you have at home.

Take it with you next time you order your repeat prescription and show it to the pharmacy/surgery staff. They can ensure that you only get the medicines that you need and that all your medicines run out at the same time.



Date:

Name:

Date of birth:

Address:

Postcode:

GP surgery name and address:

Signature:

Remember...

- ✚ Unfortunately legally we can't reuse or recycle medicines once you have left the pharmacy - only order what you need.
- ✚ There is no need to order medicines "just in case" – if you run out of medicines, you simply need to visit your GP or local pharmacy. Pharmacies receive deliveries of medicines every day.
- ✚ Never dispose of your medicine in the bin, or down the toilet. Please return unused medicine to your dispensing GP or pharmacy.
- ✚ Like food, medicines go out of date. Never take a medicine which is past its use by date.

If you, or someone you care for, use the same medicines regularly, you may be able to benefit from using the NHS electronic repeat dispensing service at your pharmacy.

Ask your pharmacy or surgery for further details.



To get this information in another format call:

01726 627800

www.kernowccg.nhs.uk

Designed by NHS Kernow Clinical Commissioning Group
Review date: February 2022 | Reference: MOMW/FL/0119

Think!

Only order the medicines you need

Help us save £3.5 million a year in Cornwall and the Isles of Scilly



Wasted medicines cost money - whether you pay for them or not

Only ordering what you need will save money for the NHS in Cornwall and the Isles of Scilly and reduce the risk of you or others taking unnecessary medicines.

You can help by:

- ✚ When you collect your prescription, open the bag and check your medicines **before** you leave the pharmacy.
- ✚ Hand back any medicines that you don't need at this time. You can always order more next time if you need them.
- ✚ Take your medicines if you can, tell us if you can't
- ✚ **Unwanted medicines** that are returned to the pharmacy must be destroyed, even if they haven't been opened and can't be reused.
- ✚ **Don't be afraid** to speak to your doctor, pharmacist or nurse about your medicines. They would rather know if you are having problems with them.
- ✚ **Remember** – prescriptions ordered in haste, can cause waste.

Talk to your GP or pharmacist if...

- ✚ You are not taking your medicines exactly as prescribed.
- ✚ You are unsure how to take them properly.
- ✚ You want to stop, or have already stopped taking a medicine on your prescription.
- ✚ You are concerned about the side effects.
- ✚ You are unsure why you are taking a medicine.
- ✚ You feel any of your medicines are not working.
- ✚ Ask your GP or pharmacist for a medicines review if you are unsure or if you need help taking your medicines.

Please help the NHS save £3.5 million a year in Cornwall and the Isles of Scilly

www.kernowccg.nhs.uk

Medicine record (details overleaf)

Name of medicine	Strength (eg 10mg)		Type of medicine (eg tablets)		Quantity at home (eg 28 tablets, 200 ml)	

