

Health experts' prescription for Surrey:
'Think before you tick' your medicines re-order form

Did you know that the value of medicines wasted in Surrey last year was estimated to be at least £8million and weighed more than 4 double decker buses?
NHS Surrey is asking every prescription medicine user in Surrey to help us tackle this issue with a very simple message - "Think Before You Tick".



Many people are unaware that once a medicine has left the pharmacy it cannot be re-used even if unopened but must be destroyed by incineration.

Many of you will receive medicines "on repeat" meaning that you don't have to see your doctor every time you need more. We are asking you to check what you have in stock at home before you order a repeat medicine and to order only what you need. Please talk to your doctor if you are no longer taking a medicine and ask for old items to be taken off your repeat request form. If you are worried about side effects of a medicine, talk to your doctor or community pharmacist. It is important to check before you leave the pharmacy that you only have the medicines that you need.

If you do have unwanted medicines at home, do not flush them down the toilet or put them out with your household rubbish but return them to your local pharmacy who will arrange for their safe disposal.

More information can be found on the health website

<http://www.surreyhealth.nhs.uk/services/Pages/Unwantedorwastemedicines.aspx>