

Making the most of your medicines can also help to look after your NHS by helping to reduce wasted medication.

- In Newark and Sherwood we spend about £20million a year on medicines and other prescription items.
- Up to half of all patients do not take their medicines as recommended or intended.
- Over £700,000 worth of medicines is estimated to be wasted each year in Newark and Sherwood, much of which could be avoided.

How can you help reduce waste of medicines?

- If you need medicines or other items on prescription regularly make sure you always have enough, but try not to order too much either.
- If someone else orders or collects your prescription for you make sure they know just what you need.
- If you no longer need your medicines, if they are not working, or for any other reason you have not been taking your medicines as prescribed let your doctor, nurse or pharmacist know.

Remember....

- Unused medicines and other prescribed items cannot be recycled, so don't order more than you need.
- Take any unused medicines to a pharmacy for safe disposal.
- Store your medicines out of the reach and sight of children and pets.



Making the most of your medicines

Why is it important?

We want to make sure you get the very best from your medicines. Having information helps you have control and take responsibility and allows you to share in decision-making about your treatment so that your medicines are used both effectively and safely.

Do you have enough information about your medicines?

If you have any questions about your medicines or other items you get on prescription speak to someone at the doctors' surgery or your local pharmacist.

What medicines services are available?

- Medication reviews - with a doctor, nurse or pharmacist at your surgery are really important to make sure you have the right medicines for you. Always attend these reviews.
- Medicines Use Review (MUR) – ask your local pharmacist about this free medicine review.

