

# How can I help to **REDUCE** **MEDICINES WASTE?**

Every unused tablet is NHS money wasted. Together, we can make a difference! Here's 3 ways you can help to reduce medicines waste:



## Stay safe

Check what medicines you have at home, and only request medicines that you need. Keep medicines in one safe place.



## Stay well

Let your pharmacy team or GP practice know if you've stopped taking any of your medicines or if they're no longer right for you.



## Stay green

Dispose of medicines safely by returning them to a pharmacy to prevent medicine waste entering landfill and polluting our planet.

If you manage medicines for someone else, follow these same steps to make sure nothing goes to waste.

For more information, scan the QR code or visit:

[www.improvinglivesnw.org.uk/meds-waste](http://www.improvinglivesnw.org.uk/meds-waste)

