







## Information for Patients: Waste Medicines

-  If medicines are not needed they can not be re-used once they have left the pharmacy.
-  Medicines are becoming more expensive. Some medicines cost more than £100 for one month's supply!
-  Our doctors will normally prescribe two months' medication at a time as this means the wastage will be less if treatment is changed or stopped.
-  Ask your doctor to give you the same number of days supply for all your medicines. This means they will all run out at the same time, saving frequent trips to the surgery and pharmacy.
-  Avoid stockpiling medicines at home, they can always be easily obtained when you need them. If you don't understand what each medicine is for, your doctor or pharmacist will be happy to help you.
-  If medicines are not needed please return them to the pharmacy for safe disposal.



***Waste medicines cost the NHS  
in excess of £90 million each year***

**Wellington Health Centre**

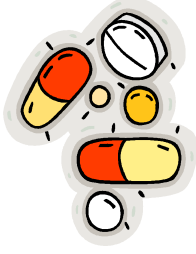
**Helping you to get the best from your medicine**



**Information for patients:  
Medication Review & Waste Medicines**



## Information for Patients: Medication Review



### **What is a Medication Review?**

A medication review is a complete check on all your medication to ensure that it is having the desired effect on your health.

This process is intended to improve the quality of your treatment and is not intended as a means of saving money by stopping your medicines.

### **Why should I have a Medication Review?**

Everyone on repeat medication is invited for a medication review as long term medication needs to be checked periodically. It will help to identify any side-effects or problems with your medication.

This will usually be with the doctor but may also be with the nurse or a pharmacist.

### **How often do I need a Medication Review?**

The frequency may depend on the medicines you take, however we usually recommend once a year, but more often if you take certain medication.

### **What will happen at a Medication Review?**

You will be asked a series of questions about your medicines to ensure you fully understand their purpose and that they meet your needs. You will also be asked about any medicines you buy from the pharmacy.

You may also be asked to make another appointment to have some monitoring tests to ensure you are on the best medication for you.

### **What do I need to bring?**

It is helpful to bring all of your medicines, inhalers, creams and ointments with you, or a complete list of everything you take, including any medicines you buy.

You may also find it useful to bring a list of questions you want answering, so nothing is forgotten.

### **What happens if I can not get to the surgery?**

Everyone is encouraged to come to the surgery but if you are housebound, we can make alternative arrangements.

### **When do I need to make an appointment?**

Under each item on the re-order section of your prescription will be a line telling you how many more times you can order that item before you need to see the doctor for a Review.

It is important that you make an appointment before you order your next supply of medication. The doctor will not re-issue your medication until you have had the Review.