



Did you know that over-ordering or wasting prescription medicines costs the NHS in this part of Hertfordshire around £3 million each year?

There are some simple things we can all do to prevent waste:

- Check which medicines you have already before ordering more.
- Order your prescription using your GP's online service – it's quick and easy.

OR

- On your latest repeat prescription request slip provided by your practice or your local pharmacy:
 - Only tick the medicines you need.
 - Please put a line through the items that you do not need.
You will still be able to order these in the future.

Keeping excessive stocks of medicine at home could be dangerous for you and others.

It is not safe to take a medicine that hasn't been prescribed for you or that is out-of-date.

The money that is wasted on prescribed medicines that are not used could be spent on employing more nurses, running additional ambulances and other vital health services.