

**Wasted Medicines cost the NHS £300 million every year.**  
Help reduce medicine waste in 3 simple steps!

1



Check what  
medicines you  
have at home,  
and only order  
what you need.

2



Return unused  
medicines to your  
pharmacy or  
dispensary for  
safe disposal and  
to reduce landfills  
and pollution.

3



Managing  
medicines for  
someone else?  
Help them order  
medicines  
mindfully.