



You don't have to order your medicine every month if you already have enough stock

What do I need to do?

- (1) Always check your medicine stock before you order more.
- (2) Only tick or request the medicines you will run low on in the next month.
- (3) If you do order anything by mistake, check your prescription bag before you leave the pharmacy and return any unwanted medicines.



You don't have to order your inhalers every month if you already have enough stock

What do I need to do?

- (1) Always check your inhaler stock, before you order more.
- (2) Only tick or request the inhalers you will run low on in the next month.
- (3) It's ok to order your inhalers at different intervals. You may run low at different times due to how often you use them and the number of doses they contain.
- (4) Return your used or unwanted inhalers to the pharmacy for environmentally safe disposal.

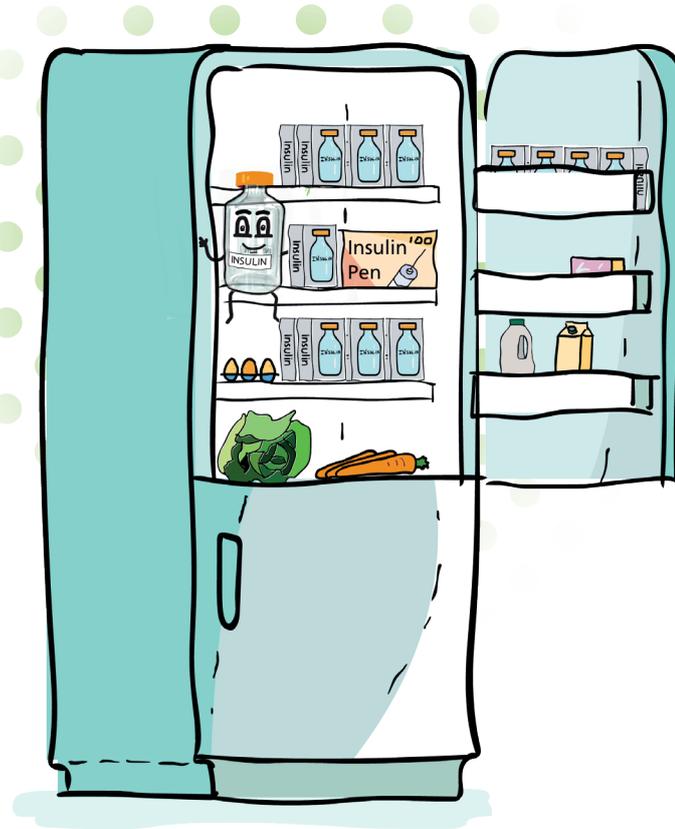
Did you know?



When your pressurised metered dose inhaler is empty it still contains propellants that are powerful greenhouse gases which contribute to global warming

How do I dispose of my inhaler?

- (1) Return your used or unwanted inhaler to a pharmacy. Your pharmacy will arrange for environmentally safe disposal.
- (2) Spacers cannot currently be recycled - please dispose of these safely.



You don't have to order your insulin every month if you already have enough stock

What do I need to do?

- (1) Always check your stock of insulin before you order more.
- (2) Only tick or request the insulin you will run low on in the next month.
- (3) It's ok to order your insulin at different intervals, if you use more than one type. You can run low at different times due to how often you use them.



How do I store my insulin?

What do I need to do?

- (1) Insulin that you are currently using can be stored at room temperature for up to 28 days.
- (2) Any insulin that has been at room temperature for more than 28 days needs to be returned to your pharmacy for safe disposal.
- (3) Always keep your spare insulin in the fridge.
- (4) Don't put insulin in the freezer compartment as it may damage the insulin.



You don't have to order your oral nutritional supplement (sip feed) every month if you already have enough stock

What do I need to do?

- (1) Always check your stock before you order more.
- (2) Only tick or request the sip feed you will run low on in the next month.
- (3) If your treatment is temporary, only order a small supply at a time to reduce waste.
- (4) Only order the flavours and type of sip feed you like. Please tell your doctor or pharmacist if you don't like the flavours or the consistency.
- (5) Please tell your pharmacy if you have enough stock, especially if your pharmacy orders your prescription every month.
- (6) If you do order anything by mistake, check your prescription bag before you leave the pharmacy and return any unwanted sip feeds.

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