

“IT’S OKAY TO ASK”

about medicines...



Please tell your GP or pharmacist if you’re no longer taking medicines you’ve been prescribed or if you don’t want to take your medicine

- GPs and pharmacists understand that people sometimes struggle with taking their medicines
- Don’t be afraid to ask for help
- You can make decisions with your GP or pharmacist to make sure your medicines work for you
- Not taking your medicines properly could put your health at risk and waste NHS time and resources



Medicines waste costs around £9 million a year in south east London*

Please help us reduce medicines waste by:

- Checking what medicine you still have at home before ordering you repeat prescription
- Only ticking the boxes on your repeat prescription form for medicines you really need
- Telling your pharmacist if they give you medicines you're no longer taking or already have enough of at home
- Not stockpiling medicines

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