Everyone Has a Part to Play

Unused medicines cannot be recycled or given to others once dispensed. Small changes to how you order and manage your prescriptions can save NHS resources and protect the environment.

£300 million
Estimated annual cost of medicine waste to the NHS[1]

£110 million
Worth of medicines returned to pharmacies each year[1]

~50%
Of returned medicines had never been opened[2]

💡 How You Can Help Reduce Waste

🗄️ Check before you order
Look at what you already have at home — including expiry dates — before requesting more medication.

☑️ Only tick what you need
When ordering repeat prescriptions, don't tick items you still have. You can always request them later.

👀 Check your bag at collection
Review your prescription bag before leaving the pharmacy. Items cannot be returned once you've left.

💬 Talk to your pharmacist and ours!
Book in/Attend for an **Annual Medicine Review**. Our pharmacist can discuss your medicines to see **what is and what is not working for you!**

📱 Manage Prescriptions with the NHS App
Order repeat prescriptions, track what you've ordered, and avoid over-ordering — all from your phone.

Download free: www.nhs.uk/nhs-app

📦 Can't get to a pharmacy?
Oxfordshire Pharmacy collects from your home.

Call: 01993 622350

✅ Safe Disposal: What Your Pharmacy Accepts

YOUR PHARMACY CAN ACCEPT:



- ✓ Tablets, capsules & pills (any condition)
- ✓ Liquid medicines & syrups
- ✓ Creams, ointments & drops
- ✓ Inhalers (all types & brands)
- ✓ Over-the-counter medicines
- ✓ Controlled drugs (e.g. opiods): let staff know!!

YOUR PHARMACY CANNOT ACCEPT:

- ✗ Needles, syringes or lancets (sharps)
- ✗ Dressings, catheters or bandages
- ✗ Household chemicals or cleaning products
- ✗ Thermometers or medical devices
- ✗ Non-inhaler aerosols

📍 Your Local Pharmacies

Benson Pharmacy • 23 High St, OX10 6RP
01491 838686 • Mon–Fri 9–5:30 | Sat 9–12:30



Boots Wallingford • 7–8 Market Place, OX10 0EG
01491 839061 • Mon–Sat 9–5:30 | Sun 10–4
Blister packs can't go in household recycling (mixed plastic & foil).
Take them to Boots Wallingford — drop off 5 packs and earn 100 Advantage Card points. They're recycled into playground equipment!

🏥 Your Local Pharmacy for Safe Disposal

📍 Benson Pharmacy
23 High Street, Benson, OX10 6RP
Tel: 01491 838686
Mon–Fri: 9am–5:30pm | Sat: 9am–12:30pm

Any community pharmacy **is required to accept unwanted medicines** from patients as an NHS Essential Service.[3]

Find your nearest: **www.nhs.uk**

🌍 Environmental Impact

Every wasted medicine carries a hidden carbon cost — from manufacturing, transport, dispensing, and then destruction.

Never flush medicines down the toilet or put them in household bins.

1. Chemicals from medicines can contaminate waterways and soil. Return used inhalers to your pharmacy — they contain greenhouse gases that contribute to climate change if sent to landfill.[4]

Recycle the cardboard packaging from your medicines at home. Paper inserts can go in paper recycling.

Disposal Emissions (per tonne)

Incineration (medicines)
1,074 kg CO_2e

Recycling
21 kg CO_2e

That's a 50x difference. Less waste = less incineration.[4]



Inhaler Carbon Footprint

Metered-dose inhaler (e.g. Ventolin)
24 kg CO_2e

Dry powder inhaler
<1 kg CO_2e

Return used inhalers to your pharmacy — the propellant gases are safely captured.[5]

NHS App

Download on the App Store | GET IT ON Google Play

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