

# My GP told me to throw away my unused medication



Grant\* no longer needed to take his blood thinning medication or the beta blockers he was prescribed. He was advised by his GP to hold on to his unused medication for a month or so, just in case he needed them, then throw them in the bin. His GP said that he should not go out of his way to return them to the pharmacy as they would do the same.

Grant had concerns about throwing his unused medication away. Children could take the medicine from the bin and medicines that have been flushed down a toilet could end up in the drinking water system or harm the environment.

## CHECK EXPIRY DATES

Always check the expiry date; many medicines become ineffective when they pass their expiry date which can be a risk to health. They could also do harm if by someone they weren't intended for.

## CLEAR OUT YOUR MEDICINES CABINET EVERY SIX MONTHS

It is advisable to check your medicine supplies at least every six months to ensure that you only store those that are in date and still needed, particularly if you take regular prescription or multiple medicines.

## DON'T THROW MEDS IN THE BIN, DOWN THE SINK OR LOO!

Throwing medicines away incorrectly such as in the bin could lead to them being found by children or those that they are not intended for. Flushing meds down the loo or pouring them down the sink poses risks to the environment.

## TAKE OLD OR UNWANTED MEDS TO PHARMACY

Medicines that are no longer needed, out of date or damaged should be taken to your local pharmacy for safe disposal

\*Actual name not used



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