Did you know as much as £5.5 million is wasted each year in Devon on unused medicines?

Check • Look at your supplies – order only the items that you need.

Listen • Listen to the advice from your doctor or nurse and take all medicines as instructed on the label.

Tell • Tell your doctor or nurse if your medicines are not agreeing with you or you have stopped taking them.

Tick • Using the counterfoil of the prescription, tick only the medicines you need, and remember "tick in haste – medicines waste."

Open • Open your bag of medication while at the dispensary. If you have item(s) not requested, or surplus to your needs for the next month, please return these before leaving.

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