

### Disposing of your unwanted medicines

Please return any unwanted medication to your usual local pharmacy, where they will dispose of them safely. **Please note that they cannot be re-used.**

**X** Do **NOT** flush unwanted medication down the toilet or pour it down the sink, as they contaminate the local rivers and can affect the environment.

**X** Do **NOT** put unwanted medication in the household waste or recycling bin as this too can be harmful to the environment and might be found by children or animals.

You can record the medication you take in the table below:

Name of medication & strength	Dose	What the medication is for
<i>e.g. Paracetamol 500mg tablets</i>	<i>e.g. One to Two up to four times a day when needed</i>	<i>e.g. for back pain</i>

Stockwood Medical Centre  
Hollway Road  
Bristol  
BS14 8PT

## ORDERING YOUR MEDICATION



**This leaflet explains how you should order, store and dispose of your medication.**

You can record your usual medication on the back of this leaflet if it helps.

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### When to order your medication

You should order your medication when you have a **maximum** of 14 days' worth of medication left. Always keep track of your medication so you know how much you have left and you don't run out. BEFORE requesting your medication, check your cupboards first and **ONLY ORDER WHAT YOU NEED**.

Please allow **at least 5 working days** before collecting your medication from your local pharmacy. This is to allow the necessary checks to be done before the prescription is signed off and to give time for the medication to be ordered and dispensed by the pharmacy. Ordering 'Specials' may take longer. Paper prescriptions can be collected from the surgery in **3 working days**.

### Ways to order your medication

1. **On-line:** You can order your repeat medication yourself online via the link on the surgery's website on the prescription page. Prescriptions can be sent electronically ('EPS') to your usual pharmacy without you having come to the surgery and you won't have a paper prescription to lose.
2. **Your local community pharmacy:** You will need to sign an agreement giving consent for your chosen pharmacy to order your medication for you.
3. **By hand:** Use the repeat prescription slip (on the right-hand side of your last prescription) or complete a blue request form in the surgery. Tick ONLY those items you NEED then post it in the prescription box.
4. **By post or fax:** Please provide your full name and address and the name and strength of the medication you need. If you would like your prescription sent to you, please enclose a self-addressed envelope.

**PLEASE NOTE THAT WE DO NOT ACCEPT PRESCRIPTION REQUESTS OVER THE PHONE UNLESS YOU ARE A REGISTERED HOUSEBOUND PATIENT**

### Medication reviews

Your medication will need to be reviewed at least once a year; more frequently for complex regimes or high-risk drugs. You may be asked to book an appointment for this review to see your GP, nurse practitioner, practice nurse or practice pharmacist, depending on what medication you are taking. Some reviews can be done over the telephone. The surgery also runs annual review clinics for those patients with long term conditions (e.g. Asthma, COPD, Diabetes, High risk of diabetes, Hypertension, Stroke, CHD etc) - please help us to look after your health by booking your appointment when you receive your recall letter. A notification should appear on your repeat slip as to when your review is due.

### Patients who do not attend their review appointments

Please let the surgery know if you cannot make an appointment so we can offer it to someone else.

If your medication review is overdue and you have not attended your review appointment, then the quantity of your medication may be reduced until you attend. It is important that your medication is reviewed regularly to ensure it is still appropriate and safe.

### Name changes on your medication

From time to time, you may notice that the name, brand or colour of your medication may change. Medicines have two names – generic (the drug name) and brand (the name the drug is traded under). Prescribers are encouraged to prescribe cost effective, evidence-based medication in line with the local CCG formulary, so you may find that your medication is switched to an alternative, but there should not be any change in the control of your symptoms. If you have any questions or concerns about your medication, please speak to your community pharmacist, the practice pharmacist here at the surgery or your GP or nurse.