

Repeat prescriptions – a short guide to safe and effective use of your medication

Following these simple steps will help make sure that you use your medicines safely, get the most out of them and help to prevent waste.

When ordering your repeat prescription, please use your **GP's online ordering system** or use the **most recent repeat prescription request form**.

Check the medicines you already have at home **before you order** so that you only order the medicines you need. It is important not to stockpile medicines at home.

If you are using a repeat prescription request form then **cross out the medicines that you don't need** (you will still be able to order them in the future) and **record the number of items ordered**. **Remember to sign the form**.

If you are picking up medicines from your pharmacy and you realise that you have ordered items that you don't really need then give these back to the pharmacy prior to leaving. Your prescription can be adjusted accordingly.

Let your GP or pharmacist know if you have stopped taking any medicines.

Make an appointment with your GP for a medicines review on a regular basis

Ordering medicines over the phone can lead to mistakes so please order them on line or in person. If this is difficult for you please ask your GP for advice

Did you know?

A medication review by your GP will help make sure that the medicines you are taking are still helping you.

Your local pharmacist can help you with practical advice about your medicines such as how to manage potential side-effects or how to take your medicines effectively eg time of day or with food.

Excessive medicines at home may be a safety risk to you and others. The medicines may be out of date, may no longer be appropriate for your medical condition or may lead to your taking too much medication.

As a patient or carer, you are the best person to order the correct amount of repeat medicines, as you can check what is needed before ordering.

If you lose your repeat prescription request slip, your GP practice receptionist can print another for you.

Medicines that are over-ordered and not used cost the NHS in this part of Hertfordshire around **£3m a year**. This is money is not available to spend on other health services.