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## Northwich GPs are taking part in the medicine waste campaign

- It is estimated that as much as £300 million is wasted every year on unused or partially used medication.
- Every year thousands of unused inhalers end up in the bin whilst some patients end up in hospital due to under treatment or improper inhaler use.
- Some Inhalers also contain harmful greenhouse gases, and all inhalers should be returned to the pharmacy to be recycled to improve our green footprint and reduce greenhouse gas emission.
- Your inhaler name may sometimes change- Cheshire GPs prescribe according to guidance from the Central and Eastern Cheshire Medicines Management Team.
- Please have your annual review appointments which are usually in your birth month. If you are concerned about your Asthma or COPD or inhalers, please make an appointment for a review.

## How to manage your inhaler stock at home

Did you know you don't have to order your inhalers every month if you have enough stock at home?

So, what do you need to do?

- ✓ Check your stock before you order more. It's always best to have two of each inhaler available (one in use and another one as a spare).
- ✓ If you have more than one inhaler on your repeat prescription, it is common to have these inhalers running low at different times due to the differences in how often you use them.
- ✓ Once you have had a review and your inhaler is working for you your preventer inhaler will stay on your repeat prescription even if you do not reorder them. Any changes to your repeat prescription will be discussed with you, by your doctor or other health care professional.

- ✓ Your reliever inhaler is not on your repeat prescription list but can be requested when required. This is safety feature for asthmatics as frequent use is an indicator of poor asthma control and increased risk of life-threatening asthma attacks.
- ✓ Check your inhaler dose counter (only available on certain inhalers) that will change to red when there are "20" doses left, this will help you manage your repeat prescription ordering.
- ✓ Don't waste your inhalers by spraying a test dose. To check the inhaler is not empty, shake the canister or look at the dose counter.
- ✓ Please tell your pharmacy that you have enough inhalers if your pharmacy orders your prescription every month on your behalf. This is to save them reordering unnecessary inhalers for you next time.
- ✓ If you use other methods of ordering your repeat prescription, for example, online, via the NHS app or a prescription ordering direct service, please check your stock at home before reordering.
- ✓ Check your prescription bag before you leave the pharmacy and return any unwanted inhalers, whilst still inside the pharmacy. Once inhalers have left the pharmacy, they cannot be used for someone else. If you have your prescription delivered, check your prescription bag before the delivery driver leaves and hand any unwanted inhalers back to them.
- ✓ Ensure that you go for regular asthma or COPD reviews at your GP practice to check you are using your inhalers correctly.
- ✓ Your doctor, nurse or practice pharmacist may adjust your inhaler quantities on your prescription to suit your treatment. This can change over time and this should be reviewed regularly.

## Recycling Empty Inhalers

- ✓ Once your inhaler is empty, the container can be recycled at some local pharmacies.
- ✓ Used aerosol canisters still contain propellants that are powerful greenhouse gases and can contribute to global warming.
- ✓ All used aerosol canisters should be returned to a pharmacy to dispose of in an environmentally safe way.
- ✓ Note that spacers cannot currently be recycled - please dispose of these safely.
- ✓



**NHS**

Help reduce global warming  
 - return your used aerosol  
 inhalers to your pharmacy for  
 environmentally safe disposal

Please use this as a guide to see how long your inhalers should last and when you would need to reorder:

<b>Number of doses per inhaler (Refer to the table overleaf)</b>	<b>Number of doses per day (You will find the doses per day on your pharmacy label on the inhaler)</b>	<b>How often ONE inhaler would need reordering</b>	<b>Tick your dose</b>
200	One inhalation twice a day	Every 3-4 months	
200	Two inhalations once a day	Every 3-4 months	
200	Two inhalations twice a day	Every 50 days (6-7 weeks)	
200	Two inhalations three times a day	Every 33 days (4 weeks)	
200	One inhalation four times a day	Every 50 days (6-7 weeks)	
120	Two inhalations once a day	Every 60 days (8 weeks)	
120	One inhalation twice a day	Every 60 days (8 weeks)	
120	Two inhalations twice a day	Every 30 days (4 weeks)	
100	One inhalation twice a day	Every 50 days (6-7 weeks)	
100	Two inhalations twice a day	25 days (1 inhaler every 3 weeks or order 2 inhalers every 6 weeks)	
100	Two inhalations once a day	Every 50 days (6-7 weeks)	
60	One inhalation twice a day	Every 30 days (4 weeks)	
60	One inhalation once a day	Every 60 days (8 weeks)	
60	Two inhalations twice a day	15 days (1 inhaler every 2 weeks or order 2 inhalers every 4 weeks)	
60	Two inhalations once a day	Every 30 days (4 weeks)	
30	One inhalation once a day	Every 30 days (4 weeks)	

- ✓ **If your inhalers are to be inhaled when required, then these inhalers will normally last you longer. It's always best to have two of each of these inhalers available (one in use and another one as a spare). When you finish the one in use and start on the spare inhaler, then you know it's time to reorder an additional inhaler.**
- ✓ **If there are no directions on how to use your inhaler on the pharmacy label, please speak to your pharmacy or GP practice for advice.**
- ✓ **If your dose is not in the above table – please speak to your pharmacy about how long your inhalers should last before you need to reorder more.**

How many doses does my inhaler contain? (circle yours)

<p><b>Salbutamol</b> Aiomir®, Airsalb®, Salamol®, Ventolin® MDI (aerosol)</p>  <p>200</p>	<p><b>Easyhaler®</b> Salbutamol (dry powder)</p>  <p>200</p>	<p><b>Salamol® Easi-Breathe®</b> CFC free salbutamol (aerosol)</p>  <p>200</p>	<p><b>Aiomir® Autohaler®</b> salbutamol (aerosol)</p>  <p>200</p>	<p><b>Ventolin® Accuhaler®</b> salbutamol (dry powder)</p>  <p>60</p>	<p><b>Bricanyl® Turbohaler®</b> terbutaline (dry powder)</p>  <p>100</p>	<p><b>Salbulin® Novolizer®</b> salbutamol (dry powder cartridges)</p>  <p>200</p>
<p><b>Atimos® Modulite®</b> formoterol MDI (aerosol)</p>  <p>100</p>	<p><b>Easyhaler® Formoterol</b> (dry powder)</p>  <p>120</p>	<p><b>Foradil®</b> formoterol (dry powder capsules)</p>  <p>60</p>	<p><b>Neovent®</b> CFC free salmeterol MDI (aerosol)</p>  <p>120</p>	<p><b>Onbrez® Breezhaler®</b> indacaterol (inhalation powder, hard capsule)</p>  <p>30</p>	<p><b>Oxis® Turbohaler®</b> formoterol (dry powder)</p>  <p>60</p>	<p><b>Serevent® Accuhaler®</b> salmeterol (dry powder)</p>  <p>60</p>
<p><b>Soltel®</b> CFC free salmeterol MDI (aerosol)</p>  <p>120</p>	<p><b>Serevent® Evohaler®</b> salmeterol MDI (aerosol)</p>  <p>120</p>	<p><b>Striverdi® Respimat®</b> olodaterol (solution for inhalation)</p>  <p>60</p>	<p><b>Spiriva® HandiHaler®</b> tiotropium (inhalation powder, hard capsule)</p>  <p>30</p>	<p><b>Eklira® Genuair®</b> aclidinium (dry powder)</p>  <p>60</p>	<p><b>Incruse® Ellipta®</b> umeclidinium (dry powder)</p>  <p>30</p>	<p><b>Seebri® Breezhaler®</b> glycopyrronium (dry powder)</p>  <p>30</p>

<p><b>Spiriva® Respimat® tiotropium MDI (aerosol)</b></p>  <p>60</p>	<p><b>Atrovent® ipratropium MDI (aerosol)</b></p>  <p>200</p>	<p><b>Clenil® Modulite® beclometasone MDI (aerosol)</b></p>  <p>200</p>	<p><b>Easyhaler® Beclometasone (dry powder)</b></p>  <p>200</p>	<p><b>Qvar® beclometasone MDI (aerosol)</b></p>  <p>200</p>	<p><b>Qvar® Easi- Breathe® beclometasone MDI (aerosol)</b></p>  <p>200</p>	<p><b>Qvar® Autohaler® beclometasone breath actuated MDI (aerosol)</b></p>  <p>200</p>
<p><b>Easyhaler® Budesonide (dry powder)</b></p>  <p>100mcg &amp; 200mcg - 200 400mcg - 100</p>	<p><b>Flixotide® Accuhaler® fluticasone propionate (dry powder)</b></p>  <p>60</p>	<p><b>Flixotide® Evohaler® fluticasone propionate MDI (aerosol)</b></p>  <p>120</p>	<p><b>Pulmicort® Turbohaler® budesonide (dry powder)</b></p>  <p>100mcg - 200 200mcg - 100 400mcg - 50</p>	<p><b>Budelin® Novolizer® budesonide (dry powder cartridge)</b></p>  <p>100</p>	<p><b>Duaklir® Genuair® formoterol &amp; aclidinium (dry powder)</b></p>  <p>60</p>	<p><b>Anoro® Ellipta® vilanterol &amp; umeclidinium (dry powder)</b></p>  <p>30</p>
<p><b>Spiolto® Respimat® tiotropium &amp; olodaterol MDI (solution for inhalation)</b></p>  <p>60</p>	<p><b>Ultibro® Breezhaler® glycopyrronium &amp; indacaterol (inhalation powder, hard capsule)</b></p>  <p>60</p>	<p><b>Fostair® beclometasone &amp; formoterol MDI (aerosol)</b></p>  <p>120</p>	<p><b>Fostair® NEXThaler® beclometasone &amp; formoterol (dry powder)</b></p>  <p>120</p>	<p><b>DuoResp® Spiromax® budesonide &amp; formoterol (dry powder)</b></p>  <p>160/4.5 - 120 320/9 - 60</p>	<p><b>Symbicort® Turbohaler® budesonide &amp; formoterol (dry powder)</b></p>  <p>100/6 &amp; 200/6 - 120 400/12 - 60</p>	<p><b>AirFluSal® Forspiro® fluticasone propionate &amp; salmeterol (dry powder)</b></p>  <p>60</p>

<p><b>Flutiform®</b> fluticasone propionate &amp; formoterol MDI (aerosol)</p>  <p>120</p>	<p><b>Relvar® Ellipta®</b> fluticasone furoate &amp; vilanterol (dry powder)</p>  <p>30</p>	<p><b>Seretide® Accuhaler®</b> fluticasone propionate &amp; salmeterol (dry powder)</p>  <p>60</p>	<p><b>Seretide® Evohaler®</b> fluticasone propionate &amp; salmeterol MDI (aerosol)</p>  <p>120</p>	<p><b>Sirdupla®</b> fluticasone propionate &amp; salmeterol MDI (aerosol)</p>  <p>120</p>	<p><b>Symbicort®</b> budesonide &amp; formoterol MDI (aerosol)</p>  <p>80/4.5 - 60 160/4.5 - 120</p>	<p><b>AirFluSal®</b> fluticasone propionate &amp; salmeterol MDI (aerosol)</p>  <p>25/125 - 120 25/250 - 120</p>
<p><b>AirFluSal® Forspiro®</b> fluticasone propionate &amp; salmeterol (dry powder)</p>  <p>120</p>	<p><b>Aerivio® Spiromax®</b> fluticasone propionate &amp; salmeterol (dry powder)</p>  <p>60</p>	<p><b>Trimbow®</b> beclometasone, formoterol &amp; glycopyrronium MDI (aerosol)</p>  <p>120</p>	<p><b>Trelegy® Ellipta®</b> fluticasone furoate, vilanterol &amp; umeclidinium (dry powder)</p>  <p>30</p>			

Did you know?



When your pressurised metered dose inhaler is empty it still contains propellants that are powerful greenhouse gases which contribute to global warming