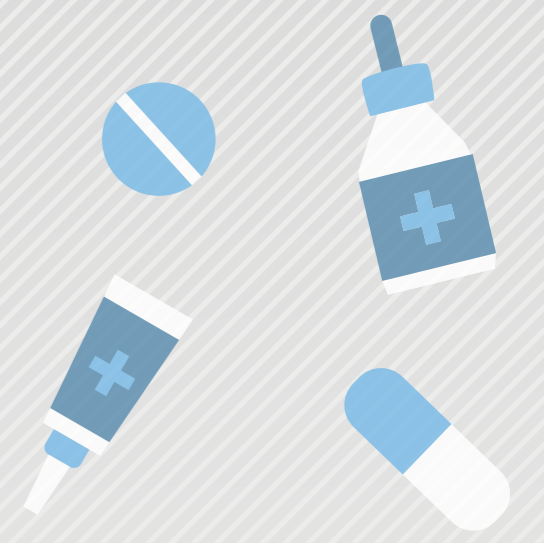




Environmental Checklist for Prescribing and Dispensing Medications

How can I, as a medical professional or pharmacist, contribute to reducing the input of pharmaceuticals into the environment?



Medical Professionals



- Can I avoid or reduce medication through preventive, complementary or non-medical measures?
- Do I pay attention to avoiding potential overprescription and prescription errors? For instance, considering medical history, diagnostics and monitoring the treatment progress?
- Do I check patients' medication regimen for unnecessary medicines and initiate deprescribing?
- Can I prescribe more environmentally friendly medicines, for example, those that are degraded more quickly in sewage treatment plants and the environment?
More information: uba.de/hmp/prescription-environment
- Can I contribute to reducing residues of medicines by prescribing smaller package sizes?

Pharmacists



- Can I propose preventive measures?
- Can I recommend non-medical measures?
- Do I review medication regimen for (potentially) unnecessary, improperly used, or improperly disposed of medicines, for instance through medication analyses, and find solutions, if necessary in consultation with the prescribing physician?
- Can I inform patients about the impacts of pharmaceuticals on the environment? For instance, with brochures, posters or informational sessions?

Medical Professionals and Pharmacists

- Do I advise to consider postponing the purchase and use of a medication if a non-medical measure or the use of home remedies could be successful without disadvantages compared to a medical treatment?
- Can I prescribe or recommend other methods of administration that release less active substances into the environment? For instance, medicated patches instead of ointments or oral instead of topical administration?
- Do I provide sufficient information regarding the recommended usage, medication and treatment duration?
- Do I inform about the proper disposal of any unused medicines?
- Do I exchange information with the medical and pharmaceutical community about the environmental relevance of prescribed active substances, methods of administration and package sizes?

