



Checklist: Eco-friendly Use of Medications



How can I, as a patient, contribute to reducing the entry of pharmaceuticals into the environment?

- Do I prevent illnesses and the need for medication?**
For instance by a healthy diet, regular exercise, adequate sleep, stress management, quit smoking, vaccinations...
- Can I avoid medication and use other forms of treatment?**
For example, physiotherapy, psychotherapy, or in case of minor complaints home remedies like rest, hot water bottles, leg wraps, and herbal infusions.
- Have I asked my doctor if there are more environmentally friendly medications or treatments suitable for me?** More information: uba.de/hmp/prescription-environment
- Do I follow the recommended dosage and duration of treatment when taking medications?**
Do I adhere to the instructions provided by my doctor, pharmacist or the package leaflet?
- Do I dispose of paper towels containing medication residues in household waste?**
For example, when cleaning my hands after applying ointments or blowing my nose after using nasal drops or sprays.
- Do I avoid having expired or no longer needed medicines in my household?**
Do I check my existing supplies before getting new medications and purchase smaller package sizes in order to avoid building up medication stockpiles?
- Do I correctly dispose of expired or no longer needed medicines?**
Have I informed myself about the proper disposal methods in my region by consulting the website [arzneimittelentsorgung.de](https://www.arzneimittelentsorgung.de)?

