

Have you ever been prescribed an inhaler?

The inhalers we use can have a huge environmental impact.

Did you know that pressurised inhalers contain powerful greenhouse gases?

If not disposed of correctly, these gasses leak into our atmosphere causing thousands of times more damage than carbon dioxide.

Pressurised inhaler use makes up 4% of the total carbon footprint of the NHS.

What happens to your old/unused inhalers?

They should be returned to the pharmacy for safe disposal and **NOT** placed in landfill/domestic recycling bins. They need to be incinerated with medical waste.

Inhalers have a set number of doses in them; using them past this can continue to deliver only the propellant as the drug has run out. This releases the potent greenhouse gas without any benefit to you as the drug has run out.



Are there more environmentally friendly inhalers?

Yes.

Research shows that using these types of eco-friendly inhalers can control your respiratory illness better than relying on the 'blue inhaler - Ventolin' only.

Please contact the surgery or discuss this at your next review if you would like to change inhalers.

For more information on the environmental impact of inhalers visit: www.greeninhaler.org

Visit the NICE website for a guide explaining the different inhaler types available to the NHS: <https://bit.ly/3ncVLDF>

A healthier planet equals a healthier you!