

No time to spare?

Simple swaps &
practical prescribing
tips to help busy GPs
practise greener

Medicine Stockpiling

On home visits,
ask "can you
show me your
meds?"

This can help
address unused
medicines and
concordance
issues, and aid
deprescribing.

Beta blocker post-MI

2025 guidance says this may
not be needed if echo >1 year
post-MI is normal (LVEF >40%).
Add an end date and ensure
the Repeat is removed when
appropriate, to avoid it staying
on indefinitely.

Inhaler prescribing

If possible, prescribe DPIs instead of
MDIs. Aim for AIR and MART regimes,
as these are better for patients and
better for the planet!



Depression

For mild/moderate
symptoms,
prescribe nature &
physical activity
first line rather than
medications;
efficacy is similar.



Dietary changes

Encourage a
whole-food plant
based diet to help
improve numerous
conditions
including diabetes,
CVD, high
cholesterol, chronic
pain, and more.
Plant Based Health
Professionals UK
have free
factsheets you can
text & email
patients.



Practice meeting

Add 'greener healthcare' as
a regular agenda item so it
becomes normalised at
your workplace, positively
affecting discussion and
decisions, and helping your
team to practise greener!

Couch roll

Update your policy to ensure
staff only use it for intimate
examinations/dignity, rather
than for every patient.



Internet search engine

Switch your
default search
engine on your
web browser to
Ecosia (which
uses Bing). This
will bring up the
same results,
but also invests
in environmental
projects.



Iron prescribing

Prescribe OD or alternate days
(leads to better absorption).
Advise morning dosing, on an
empty stomach, with vit C (e.g.
orange juice).
Limit Repeats to 3 months; most
people don't need it indefinitely.



Liquids to tablets

Liquids have a
higher carbon
footprint than
tablets.
Ask parents of
children aged 5+ if
they can swallow
tablets. If not,
direct them to
KidzMed to help
them learn!



Vaginal oestrogen

Prescribe brands with no
applicator (e.g. Imvagginis)
or with a reusable
applicator (e.g. Vagirux).
Avoid multiple disposable
plastic applicators.



Anticholinergics

Doing a medication
review? Use the ACB
score on SystmOne to
help to identify
potentially harmful
combinations you can
then aim to stop.



Turn OFF your computer

This saves loads of
energy & usually
doesn't take longer
than just logging
off. Remember to
turn off your screen
too; standby uses
energy. Encourage
colleagues to do
the same!



Med Ed

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perfect for
registrars and
trainees, helping
them tick off
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requirements.

