



Leicestershire  
**Take AIR**  
ACTION FOR INHALER RECYCLING



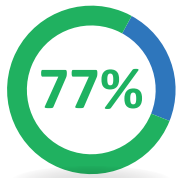
# Information leaflet

# What is Take AIR?

The Leicestershire **Take AIR (Take Action for Inhaler Recycling)** scheme is a new initiative that permits you to dispose of and recycle your empty, unwanted or expired inhalers through the post. The service is being trialed in the Leicestershire area.

Disposing of and recycling inhalers is a simple way to help the environment.

**The service is led by the University Hospitals of Leicester NHS Trust and the Local Pharmaceutical Committee for Leicestershire & Rutland. This is a Chiesi Limited scheme.**



of people would recycle their used inhalers on a more regular basis if they could just post them to a recycling centre.<sup>1</sup>

## How does the service work?

Ask your pharmacist for a **Take AIR pre-paid postage envelope**. Each envelope can fit up to four inhalers – of any brand and any device type.

Ensure your inhaler is empty, unwanted or expired and remove dispensing labels

that may be on the inhaler itself. Place the inhalers into the envelope and seal it. Ideally wait and send three or four inhalers at a time in each envelope, as this will increase the benefits of the scheme. Post the sealed envelope through your local Royal Mail post box and we will do the rest.



## How does recycling inhalers help the environment?

Some inhalers contain plastics which are not readily recycled in council recycling schemes. Additionally, local councils are not able to dispose of, or recycle the gas contained in 'puffer' (also called pressurised metered dose inhalers) inhalers.

Disposing of puffer inhalers correctly, prevents the release of greenhouse gases from the canister into the atmosphere, which occurs when the inhalers are sent to landfill.<sup>2</sup>

Through this postal scheme, the aluminium canisters will be recycled and reused. The plastic components will also be recycled and put back into the plastic supply chain. Any remaining propellant gas will be extracted and reused in items such as fridges and air conditioning units.<sup>2</sup> Non-recyclable materials will be converted into energy through a process called *energy-from-waste*.<sup>3</sup>

Did you know that in the UK  
**73 million inhalers**  
are used every year?<sup>2</sup>

## What type of inhalers can be recycled?

Through **Take AIR**, you can safely and responsibly recycle **all** inhalers used for many lung conditions, including:

- Pressurised metered dose inhalers or 'puffer' inhalers
- Dry powder inhalers
- Soft mist inhalers



**All inhalers – of any brand and type – can also still be returned to ANY community pharmacy for safe disposal.**



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**University Hospitals  
of Leicester**  
NHS Trust



**LPC.**

Leicestershire & Rutland



Certified



Corporation

**References:**

1. Chiesi UK Asthma Survey. April 2020. [data on file]
2. RecycleNow. What to do with inhalers. Available at: <https://www.recyclenow.com/what-to-do-with/inhalers-0>. Last accessed December 2020.
3. Department for Environment and Food affairs. Energy from Waste: a guide to the debate. Available at: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/284612/pb14130-energy-waste-201402.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/284612/pb14130-energy-waste-201402.pdf). Last accessed December 2020.