

# Managing your medicines after discharge from hospital



## Information for patients

This leaflet helps you to get the most from your medicines when you leave hospital. It gives you advice on what to do with your medicines and how to get more information about them.

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

**If we don't ask these questions, then please ask us to check.**

Ensuring your safety is our primary concern.

## How do I get my medicine before I am discharged?

- 1 Before you leave hospital, one of our pharmacy team, or a doctor or nurse, will talk to you about the medicines you will be given when you are discharged. They will check that you have at least two weeks' supply of any that you take long-term. Any medication supplied from the pharmacy will be given to you in a green bag. Keep this bag to bring in your medicines if you have to come back into hospital.
- 2 We will discharge you with a copy of your discharge letter called a TTA (to take away). This includes notes for your GP (home doctor) with information about your treatment and current medication, and recommendations about your future medical care.
- 3 If you are unsure about whether or not to take a medicine, always check your discharge letter. It has a list of all the medicines you should take after you leave hospital.

## How do I take my medicine?

The label on your medicine and the patient information leaflet inside the box or packet will tell you how and when to take it. Please read these before you take your medicine.

Some medicines have special instructions, such as whether you should take them before or after food. These instructions will also be on the label.

**Your medicines have been prescribed for you. Do not share them with anybody else. Do not use medicines prescribed for someone else, even if you think they are the same as yours.**



## **How do I get more supplies of my medicines?**

Take your discharge letter to your GP as soon as possible. They will update your records and give you a prescription before you run out of the medicines you were given when you left hospital.

## **Where should I store my medicines?**

Always store them out of reach and sight of children, in a cool dark place.

Some medicines need to be stored in the fridge – it will tell you on the label.

Try to keep medicines in their original box or packet as the information on it may be important.

## **What are side effects and do I need to worry about them?**

Side effects are unwanted symptoms which you may have when taking your medication. They differ, depending on the medication you are taking. For example, some painkillers can make you constipated.

Your doctor will balance the risks of side effects against the benefits to you before deciding which medicines to prescribe.

Your doctor or pharmacist will warn you if there are any important side effects to look out for when you start taking a new medicine.

You can also find out more about possible side effects by reading the information leaflet supplied in every box of medicine.

Only stop taking a medicine if your GP or another doctor advises you to.

**If you would like a personalised information sheet about your medicines, please ask your nurse or a member of the pharmacy team and they will print one for you.**

**If you have any old medicines at home and you are not sure whether you still need them, check with your GP or practice nurse.**

## **What if I need to come back into hospital?**

If you need to come back into hospital, please bring an up-to-date list of your medicines with you so the pharmacy team can make sure you are prescribed the correct medicines. If possible, bring all your current medicines with you, including creams and inhalers.

## **What support is there after I leave hospital?**

Your local pharmacy will be able to give you advice and support after you leave hospital.

You may also be eligible to use two free NHS services at your local pharmacy: the New Medicine Service and the Medicines Use Review. If you are, your hospital pharmacy team can refer you. These services are confidential and you will be able to talk to your community pharmacist in a private area in the pharmacy.

## **New Medicine Service**

If you are prescribed a new medicine for a long-term condition while you were in hospital, you may be invited to use the New Medicines Service. It helps you to understand your condition and get the most out of your new medicine. Your community pharmacist will ask you some questions about how you are getting on with your new medicine, find out if you are having any problems and give you information and support.



## Medicines Use Review

If your medicines change while you are in hospital, you can have a Medicines Use Review at your community pharmacy. This helps you to find out about the medicines you are taking. It also allows pharmacists to pick up any problems you are having with your medicines.

## Who do I contact with queries and concerns?

If you would like more advice or information about your medicines, please contact the Pharmacy department. We are available for phone calls Monday – Friday, 9am – 5pm.

### **King's College Hospital**

Pharmacy reception: **020 3299 3347**

### **Princess Royal University Hospital**

Pharmacy dispensary: **01689 863990**

Please note: we can only tell you about medicines prescribed for you at King's College Hospital or Princess Royal University Hospital.



## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: **020 3299 3601**

Email: **kch-tr.pals@nhs.net**

You can also contact us by using our online form at

**[www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)**

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252**

Email: **kch-tr.palskent@nhs.net**

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**