

Bringing your own medicines into hospital

Patient information factsheet

Why bring your medicines into hospital with you?

This helps us to:

- Know exactly what medicines you take.
- Make sure you do not miss any doses, especially medicines that must be taken on time.
- Keep you on your usual medicines during your stay.
- Help you leave the hospital safely (discharged) and more quickly.
- Reduce waste and protect the environment.

What should I bring?

- Please bring your medicines in their original packaging if you can.
- Tablets, capsules, liquids, injections, insulins.
- Inhalers, sprays, patches.
- Eye, ear, or nose drops.
- Creams, ointments, medicated shampoos.
- Blister packs, storage boxes that help you remember when to take things.
- Herbal or vitamin products bought over the counter.
- If your medicines are at home, ask a friend or relative to bring them in.

What happens when I bring my medicines into hospital?

- We will check your medicines with you and how often you take them.
- Your medicines will be stored safely in a lockable cabinet by your bed.
- Nursing staff will give you your medicines at the right time.
- If you do not need your medicines anymore, we can safely throw them away.

'Time critical' medicines

- Some medicines **must be taken on time, every time**. These are called '**time critical**' medicines.
- Your medication may be very important if you have a condition or take medicine for conditions such as:
 - **M**ovement disorders – e.g. Parkinson's or Myasthenia medication
 - **I**mmunomodulators – e.g. HIV or Transplant medication
 - **S**ugar – Insulin and Diabetes medication
 - **S**teroids – Addison's and adrenal insufficiency
 - **E**pilepsy – Anticonvulsant medication
 - **D**irect oral anticoagulants (DOACs) and Warfarin

- **A missed dose can cause harm.** This is not a complete list so ask your Pharmacist if you are unsure.
- When you come into the hospital, tell staff if you take a time critical medicine, especially if a dose is due.

Can I use my own medicines during my stay in hospital?

- Yes. We encourage you to use your own medicines while in the hospital.
- The pharmacy can provide more of your regular medicines if needed when you are ready to go home.

When you are ready to leave hospital

- Any medicines you brought from home will be returned to you.
- If needed, Pharmacy will give you more to take home with you.
- Any new medicines started in the hospital will be given to you.
- This will allow time for your GP to receive the discharge letter with updated information of your medicines.
- With your consent, we will inform your community pharmacy about changes to your medicines.
- Before you leave, staff will explain what medicines to take and how to take them.

At home

- Only order what you need from your GP and Community Pharmacy.
- Avoid stockpiling (keeping extra medications) and return unused medications to your Community Pharmacy.

Contact our service

For further information call the Patient Medicines Information Helpline on 020 7288 5758, Monday to Friday from 10am to 4pm.

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net. If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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