

# Medications and you

## When you leave hospital

### When you leave hospital, it is important you know about any changes to your medications:

- Ask your doctor or pharmacist or nurse if your medications have changed before you leave.
- Ask for an updated list of your medications before you leave.
- Ask the nursing staff for any medications you gave them.
- When you go home you may receive a small supply of new medications that are new and/or medications that have had a change in dose.
- Visit your regular doctor 1-2 days after leaving hospital, and before you finish the medication you were given in hospital.

### Questions you might like to ask your doctor, nurse or pharmacist before you leave hospital:

- What happens if I don't take the medications I have been prescribed?
- Do I really need to take all of these medications?
- What should I do if I want to stop taking some of the medications I am meant to take?
- What happens if I can't afford the medication I have been prescribed?
- Is there anything I should not take with my medications?
- What should I do if I think one of my medications is making me feel sick?
- Where can I find out more information about my medications?

### Handy hints

- Let your carer(s) and/or family know what medications you are taking.
- If you are having trouble taking your medications, let your carer(s) and doctor know.
- Take your medications with water unless told otherwise.
- Do not keep medications past their used by date.
- Do not keep medications that your doctor does not want you to continue.
- When you leave hospital talk to your local pharmacist about any of the medications you are taking or any side effects you are experiencing.

- If you have trouble remembering when to take your tablets speak to your local pharmacists about getting a blister pack.
- Use your My Health Record [MyHealthRecord.gov.au](https://myhealthrecord.gov.au) or the MedicineWise App to record your medications. [nps.org.au/consumers/](https://nps.org.au/consumers/)



#### Medicine-related questions

Your ward pharmacist is available to answer medicine-related questions. We can be contacted through your nurses during working hours.



#### Contact

##### Balmain Hospital

**Phone:** (Switch) 02 9395 2111

**Website:** [slhd.nsw.gov.au/balmain](https://slhd.nsw.gov.au/balmain)

##### Canterbury Hospital

**Phone:** (Switch) 02 9787 0000

**Website:** [slhd.nsw.gov.au/canterbury](https://slhd.nsw.gov.au/canterbury)

##### Concord Hospital

**Phone:** (Switch) 02 9767 5000

**Website:** [slhd.nsw.gov.au/concord/prepstay.html](https://slhd.nsw.gov.au/concord/prepstay.html)

##### Royal Prince Alfred Hospital

**Phone:** (Switch) 02 9515 6111

**Website:** [slhd.nsw.gov.au/rpa/pt\\_stay.html](https://slhd.nsw.gov.au/rpa/pt_stay.html)

**To contact your ward pharmacist, ask your nurse.**

# Medications and you

## During your hospital stay

When you come to hospital it is important we know all the different medication you take and when you take them.

### This includes:

1. Tablets and other medication prescribed by your doctor such as:
  - creams, ointments and eyedrops
  - inhalers and sprays
  - patches
  - pessaries or suppositories
  - contraceptive pills and hormone replacement therapy
  - injections
2. Supplements such as vitamin and herbal remedies.
3. Medications that you may buy at your local pharmacy or supermarket without a prescription.

Pharmacists ensure medications prescribed for you in hospital are used safely and appropriately.



### Let your ward pharmacist know:

- If you need to take any medications at a particular time of day, this might include insulins, or tablets for Parkinson's disease.
- If you have any medications packed by your local pharmacy. Don't forget to tell us any medications kept in the fridge and medications taken weekly or monthly or less frequently.
- If you have any allergies, or had any reactions to a medicine in the past.

Bring in all your medications and/or a list of all the medications you are taking and when you take them.

When you are in hospital we will give you all the medications you need. **Do not take your own medications while in hospital.**

If you do, you might take more than you need.

### Once we know all the medications you take, you will be asked to:

- Send them home with family or
- Give them to the nursing staff who will return them when you leave hospital.

In hospital your medications may not look the same as the ones you take at home. Different brands are different in size, shape and colour.

You may be prescribed an anti-clotting medicine injected under the skin, and/or stockings for your legs to prevent blood clots. Speak to your doctor if you have concerns. An information leaflet is available from your ward pharmacist.



### Handy hint

Write a list of all your current medications and keep it in your wallet or take a photo and save it on your phone or in your My Health Record.