

Medicine choices – getting the right medicine for you

Information for patients

In order to make the right choice about your medicines, it is important that you bring along a list of all of your medicines, including any herbal remedies or vitamins and supplements to all outpatient clinics, hospital appointments and admissions. This includes pills, liquids, inhalers, creams, eye drops etc.



At Sherwood Forest Hospitals we are dedicated to ensuring you are taking the right medicine for you.

To make the right choice together, we need to ensure that we choose a medicine which will work for your condition and also takes into account your health beliefs and wishes.

Your healthcare professional will be able to tell you which treatments are available to best manage your condition, but there are a few questions that you might want to ask to make sure you are making the right choice.

If during your appointment you do not understand what has been discussed, then do not be afraid to ask.

If new medicine is prescribed during your appointment, make sure you know where to get more supplies if needed.

Possible questions to help you prepare for your appointment:

- **Are there any side effects or risks? If so, what are they?**
- **How long will I need treatment for?**
- **How will I know if the treatment is working?**
- **How effective is this treatment?**
- **What will happen if I don't have any treatment?**
- **Are there other ways to treat my condition?**
- **Is there anything I should stop or avoid doing?**
- **Is there anything I can do to help myself?**
- **Do you wish to avoid certain foods, e.g. gelatine products, pork-based ingredients?**



Make sure you tell your healthcare professional if you have any allergies to medicines and let them know if you are not happy with any decision made.

If you have further questions when you get home, please ring one of the contact numbers below:

The Medicines Information Patient Helpline (if your question is related to your medications) on **01623 672213**.

The clinic reception where you had your appointment – via switchboard on **01623 622515**.

Useful websites:

If you have a general questions about healthcare then **www.nhs.uk** may have the answer.

'My Life Choices':

My Life Choices - NHS Nottingham and Nottinghamshire ICB



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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