

Contact details:

- Pharmacy Department - 01623 622515, extension 3166
- Sherwood Forest Hospitals' Pharmacy Medicines Helpline – 01623 672213

Further sources of information

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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INFORMATION FOR PATIENTS

Being in charge of your own medicines

Self administration scheme



Self administration is a scheme that allows you to take your own medicines while in hospital instead of waiting for the nurse to give them to you. It is an opportunity to increase your knowledge about your medicines and how to take them.

We aim to make sure that you know how to take medicines safely, and will help you understand more about your condition and general health.

Before you take part you will be able to talk with your nurse/midwife or pharmacist about self administration and the ways that it can help you. Self administration is not compulsory and you do not have to take part if you do not wish to.

A trained nurse/midwife or pharmacist will speak to you soon after admission to hospital and will explain which medication you will be taking, the doses you need to take and any potential side effects.

Where possible, your own medicines from home will be used. Further supplies will be provided from the hospital pharmacy if they are needed.

You will be given a key to your medicine locker and asked to sign for the key. It is your responsibility to ensure that your medicines are locked in the medicine cabinet. You must give the key back when you leave hospital.

Always stick to the doses on the bottles – never take more.

Always check the medicine if for you – your name should be on the label.

If you forget what medicines you have taken or if you have any questions, then please talk to your nurse/midwife or pharmacist.

If any visitor or patient tries to take your medicines, please call a nurse/midwife at once.

Remember, medicines can be dangerous if not used properly.