

Prescribed a new medicine?

If you were prescribed a new medicine while you were in hospital, you may be suitable to use the **New Medicine Service** offered by your local (community) pharmacy. This is a free NHS service to help you understand your condition and get the most out of your new medicine. Your local pharmacist will ask you questions about how you are getting on with your new medicine, identify any problems and give you information and support.

Changes to your current medicines?

If your medicines were changed while you were in hospital, you are eligible to have a **Discharge Medicines Use Review (MUR)** at your local pharmacy. This is a free NHS service to help you find out more about the medicines you are taking, identify any problems you may have with your medicines and so improve their effectiveness.

Both services are a confidential conversation and will be provided in a private area within the pharmacy or, if you prefer, you could choose to have the discussion over the telephone.

Summary of help with your medication

- **Dedicated Patient Helpline - Telephone 01438 286150**
Monday to Friday, 2pm - 4pm
e-mail: medinfo.enhtr@nhs.net
- **Lister Pharmacy Dispensary - Telephone 01438 285510**
- You may also contact your **GP** or **local pharmacist** for advice
- Or visit the NHS Choices for more information on medicines at: www.nhs.uk/conditions/Medicinesinfo/Pages/Introduction

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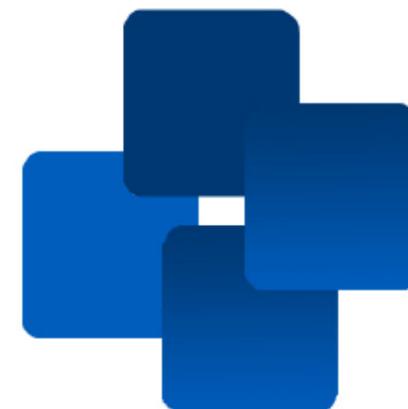
www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

Patient Information

Your To Take Out (TTO) Medication

Pharmacy Department



Introduction

You have been issued with a supply of medicines to take home. This may be in addition to what you already have at home, or your medication may have changed. This will have been explained to you.

Your discharge letter will provide written information about your new medicine(s) and a copy will be sent to your GP so they can update your medical records.

In some cases you will have been given a sufficient quantity to complete a course of treatment e.g. antibiotics, steroids.

For other items, to be taken long term, you will need to obtain further supplies from your GP.

Care - Some supplies may run out after 14 days. Please ensure that you obtain further supplies before you run out completely.

If you have any questions about your medication, including the purpose and potential side effects, please contact our dedicated patient helpline for advice on:

01438 286150

Monday to Friday 2pm - 4pm

Alternately, e-mail us for response by the next working day at:

medinfo.enhtr@nhs.net

Make the most of your medicines

- **Take the medicines as directed on the label.** Make sure you understand exactly how and when to take your medicines before you leave the hospital.
- **Read the patient information leaflet provided with the medication.** This will give more information including possible side effects.
- **If you have been given a course of medication,** don't stop taking your medicines if you start feeling better, unless your doctor agrees. Anything less than a full course of treatment could prevent you from getting completely better even though you 'feel' well again.
- **If you miss doses,** don't try to 'catch up' by taking two or three missed doses at once. If you're worried about the missed doses, ask your doctor or pharmacist.
- **Swallow your tablets or capsules with water.** If possible stand or sit upright.
- **Keep your medicines in a cool, dry place out of sight and reach of children.** Medicines can 'go off' if they are stored in warm, damp places like bathrooms.
- **Buying medicine.** Tell the pharmacist about any other medicines you are already taking and ask for advice.
- **Never share your medicines.** Your prescription is written for you. Never let anyone else take your medicines, even if your symptoms are similar. Likewise, don't take anyone else's.
- **Do not transfer your new medicines into other medicine bottles.**
- **If you have any out of date or unwanted medicines** take them to your local pharmacy who will dispose of them safely.