

Do you have questions about your medication?

Pharmacy Patient Helpline

☎ 01438 286150

Lines open Monday to Friday, 9am - 4pm
(excluding Bank Holidays)

Or email: medinfo.enhtr@nhs.net for a response
by the next working day

Please note - The Pharmacy Patient Helpline is a free and confidential service, but we can only answer questions about medicines prescribed for you at the East and North Hertfordshire NHS Trust.

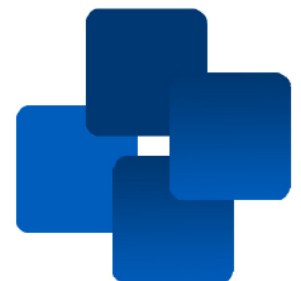
Patient Information

Your To Take Out (TTO) Medication

Pharmacy Department

Do you have questions about your medication?

- **Pharmacy Patient Helpline** ☎ 01438 286150
(Monday to Friday, 9am - 4pm)
- **Lister Pharmacy Dispensary** ☎ 01438 285510
- **Or contact your GP or local pharmacy for advice**



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.

Some supplies may run out after 14 days. Please obtain further supplies from your GP before you run out completely.

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

Make the most of your medicines

- **Take the medicines as directed on the label.**
- **Read the patient information leaflet provided with the medication.** This will give you 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.
- **If you miss doses,** don't try to 'catch up' by taking two or three missed doses at once. If you're worried, speak to your doctor or pharmacist.
- **Keep your medicines in a cool, dry place out of sight and reach of children and vulnerable adults.** Medicines can 'go off' if they are stored in warm, damp places like bathrooms.
- **Never share your medicines.**

Information about your medicine after leaving hospital

- Most medicines are supplied with a patient information leaflet in the pack which provides detailed information about the medicine.
- You can contact your GP or local pharmacy for help or advice.

Useful websites

- Our Trust website - www.enherts-tr.nhs.uk
- NHS website - www.nhs.uk/medicine-guides
- Patient UK website - www.patient.info

Please use this space for any notes you wish to make:

