



HELP GET THE RIGHT MEDICINES WHEN YOU MOVE CARE PROVIDERS

Many people take responsibility for your care every day in the NHS. When your care is transferred from one place to another, it is important that the people looking after you know what medicines you take. Getting your medicines right in these situations can sometimes be difficult.

If you can, help the people looking after you to get your medicines right. There are lots of things that you, or your carer, can do.

What can I (or my carer) do?

At home

- Keep a complete, **up-to-date** list of all your medicines handy. This form can help you do this. If you need help with making a list, ask a healthcare professional.
- Keep the medicines you are taking together in a safe place. Don't keep old medicines you no longer need.
- Know what medicines you are taking. If you stop taking a medicine for any reason let your doctor or pharmacist know.

When you move

- Take a list of your medicines, **and your medicines**, with you. Use a container to keep the medicines together.
- In hospital, your medicines should be checked within 24 hours of you arriving. If this doesn't happen, ask when it will be done.

When you leave

- Before you leave, ask for your medicines to be explained to you. **Especially any changes.** And ask for information to be given to you in writing (preferably printed).
- When you next see your GP check they also know about any changes.
- Ask your local pharmacist for a medicines use review (known as an MUR) to help make sure that you understand any changes fully.

Above all...

- If you are unsure about your medicines, talk to a health professional.

