

## Bringing Your Medicines into Hospital

SA Health encourages patients to bring their own medicines and medicines list from home so hospital staff can record a complete and accurate list of all the medicines you were taking before coming into hospital. This will help ensure you receive the correct medicines while in hospital.

### Why should I bring my own medicines into hospital?

Bringing your medicines into hospital will help hospital staff to:

- > Know about all the medicines you are taking
- > Make sure you are given the correct medicines in hospital
- > Find any problems that you may be having with your current medicines
- > Make sure you have enough of the medicines you need when you leave hospital

### What medicines should I bring to hospital?

You should bring in all the medicines you have been taking before your hospital stay. If possible, please bring in medicines in their original packs.

If you have a medicines list bring that in as well.

Medicines to bring in include:

- > Medicines prescribed by a doctor or other health professional
- > Medicines you have bought from a pharmacy or supermarket, e.g. pain relief medicines, cold medicines and creams
- > Complementary and alternative medicines, e.g. products containing herbs, vitamins, minerals, nutritional supplements, homoeopathic medicines, traditional Chinese medicines, Ayurvedic medicines & Australian indigenous medicines

### What is a medicines list?

This is a list of all your current medicines and useful information about them. It is a good way to keep the information about your medicines together. You should use it to record:

- > All the medicines you use
- > The strength of each medicine
- > How much of each medicine to use
- > When and how to use each medicine
- > What each medicine is for

If you take medicines regularly SA Health recommends that you have an up-to-date medicines list and keep it with you in case of emergencies.

Take your medicines list with you every time you go to hospital; visit a doctor or other health professional.

**If changes are made to your medicines when you are in hospital or visit a doctor make sure you update your medicines list.**

Before you leave hospital the pharmacist can help you to update your medicines list. Your community pharmacist may also help you.

### What will happen to my medicines when I'm in hospital?

Hospital staff will check your medicines with you and find out if you have any problems with them.

Your medicines will be returned home with a family member or carer, or stored safely and securely in the hospital.



## What if I forget to bring in my medicines?

If you come into hospital without your medicines, you may be asked to get a family member or carer to bring them in. This is to help hospital staff work out what medicines you have been taking.

## Can I use my own medicines while I'm in hospital?

**Do not take your own medicines while you are in hospital unless you have agreed this with hospital staff such as the doctor or pharmacist.**

**Your own medicines will only be used in with your consent.**

Depending on hospital policy, and if your medicines are fit for use in hospital, your own medicines may be used.

**If you wish to use your own medicines in hospital please talk to hospital staff such as the pharmacist or doctor.**

If it is agreed that you can take your own medicines in hospital, they will be stored securely and given to you at the right time each day.

## What if I need new medicines or there are changes to my usual medicines?

Any new medicines started in hospital will be supplied by the hospital.

If your dose changes but the medicines stay the same, your own medicines may be re-labelled with the new instructions.

## What will happen when I go home?

Hospital staff will review the medicines you have been taking in hospital and tell you which medicines to take when you return home.

You will get your own medicines back when you leave hospital. If you need more of your medicines, the hospital staff will organise a supply. Any new medicines started in hospital will also be supplied.

The hospital pharmacist or doctor can help to update your medicines list before you leave hospital.

Please bring your Medicare card and any pension/concession cards (including your Safety Net Card) into hospital with you.

## What happens to medicines I no longer need or are no longer suitable for use?

If you do not need a medicine or it's no longer fit for use, the hospital can safely dispose of it, with your consent.

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### For more information

[HealthSAMAC@sa.gov.au](mailto:HealthSAMAC@sa.gov.au)

[www.sahealth.sa.gov.au/medicines](http://www.sahealth.sa.gov.au/medicines)



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