



Using medicines safely when you leave hospital

When leaving hospital with medicines, there can be a lot of information to take in. This checklist will help make sure you have the right information about your medicines.

How to use this checklist

This checklist will highlight important points and help you to get more support, although there may still be other information you need to know. Before you leave hospital, read and use this checklist alongside discussions with healthcare professionals and other information you're given about your medicines, including your discharge summary. It's a good idea to make notes as well. If you're a carer or family member who usually looks after medicines for someone, you might also find this useful.



Questions to consider before you leave hospital	Yes	No
I know each of the medicines I need to take when I leave hospital, including the name, dose, how often I should take them, side effects to look out for and any special instructions		
I know if any changes have been made to the medicines I was taking before I came into hospital, and why (including any new or stopped medicines)		
I know what all my medicines are for and the reasons I'm taking them		
I know when and who to speak to if my medicines aren't working as expected, if I'm experiencing any side effects or if I'm finding them hard to take as directed		
I know how long I need to take each of my medicines for. I realise that some may be long-term medicines and others may be just for a short period, or reviewed after a certain amount of time		
I know what to do if I miss a dose of any of my medicines		
Medication supply – I know: <ul style="list-style-type: none"> a) how many days' worth of medicines I have (including medicines at home, medicines brought into hospital and medicines supplied by the hospital) b) where I can get further supply from c) when I need to request more <i>Further supply may be from the GP, hospital or elsewhere. Leave plenty of time for this, especially for new medicines and over weekends and bank holidays</i>		
I know where I should store my medicines once I leave hospital, including an up-to-date list of the medicines I'm taking		
I have/someone has arranged for somebody to help me with my medicines when I'm at home, if I need it. <p><i>Further information (including who and how):</i></p>		

Questions to consider before you leave hospital (continued)	Yes	No
If I need to attend any appointments related to my medicines after being discharged, I know when these will be and who to contact with any questions		
<i>Appointment details:</i>		
I know who to contact if I have questions or problems with my medicines when I leave hospital. This could be a contact at the hospital, your GP, your community pharmacist or someone else.		
<i>Contact name:</i>		
<i>Contact number/email:</i>		
I have a copy of my discharge letter/summary which explains any medication-related information relevant to my hospital stay		
Questions to consider when you've left hospital	Yes	No
My community pharmacy know about any changes to my medicines since being in hospital (check this next time you go to visit the community pharmacy)		
My GP is aware of my hospital admission (check this when you next order your medicines or visit your GP)		
I have requested further supply of my medicines, where needed, from my GP or other provider		

If you've answered no to any of the above, ask to speak to a healthcare professional about your medicines, using the checklist as a prompt. You can write any additional questions you might have and answers in the notes section below.

Useful resources

Discharge summary – before leaving hospital, you should be given a copy of your discharge summary/letter. This is a record of your hospital stay, including relevant information about your medicines, in a way that you and anyone else who needs to read it can understand.

Discharge medicines reviews – if you'd like to discuss your medicines with someone after you leave hospital, ask a healthcare professional in the hospital about what services are available.

NHS Medicines A–Z www.nhs.uk/medicines lists medicines and some key information about them.

Notes

Use this space for any important information about your medicines, including things to remember.