



# Self-administration of medicines

## Helping someone you care for take medicines while in hospital

### Information for parents and carers



# How to use this document



This is an Easy Read version of: **Self-administration of medicines – information sheet for parents and carers.**



You might need help to read it. You can ask someone you know to help you.

For more information contact the **All Wales Therapeutics and Toxicology Centre:**



**Website:** [awttc.nhs.wales](http://awttc.nhs.wales)

**Email:** [awttc@wales.nhs.uk](mailto:awttc@wales.nhs.uk)

**Phone:** 029 218 26900



Mae'r daflen yma ar gael yn y Gymraeg.



Hawdd ei Ddeall Cymru  
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# What is self-administration of medicines?



**Self-administration of medicines** is a scheme that supports parents and carers to manage a patient's medicines while in hospital.



This is when it is safe to do so and the right choice for you and the person you care for.

## If you are a parent or carer



You may be responsible for the patient taking their medicines during their hospital stay.



It might be some of their medicines, or all their medicines.



This may help the person you care for to continue taking their own medicines.



If their medicines change, it can give you a chance to get used to these changes.



You still get support from staff if needed. This can help you feel confident when the person you care for leaves hospital.



Every person and situation is different. You will need a plan that is right for you and the person you care for.

## Will I give the patient their own medicines?



If this is suitable, yes. You will bring their medicines into hospital.



If they need any more medicines the hospital pharmacy will give them to you.



The medicines will have instructions on how to use them. You can have support if needed.

## Where will the medicines be stored?



They will be stored in a locked bedside cupboard.



You will have a code or key for it. The health staff will also have access to it if needed.

## Do I have to give the patient their medicines in hospital?



No. If you or the person you care for prefer, the staff will give the patient their medicines.

## How will I know if I can give the patient their medicine in hospital?



If you want to give them their medicine, a member of staff will check if this is okay.

## What support will I receive as a parent or carer?



The staff will talk to you about the medicines if you need them to.



There may be times when it is not possible for you to give the patient their medicines. Staff will help then.

## How to make sure medicines are taken safely



Medicines can be dangerous if not used properly.



You must keep them locked away. Keep safe any bedside cupboard code or key.



Staff can help if you lose a code or key.



If anyone tries to take the medicines tell a member of staff straight away.



Never share the medicines with anyone else.



Read the information leaflets that come with the medicine. Ask staff if you do not have them.



If you forget to give the medicine to the person you care for, tell the staff.



Do not give the patient more than the dose they are supposed to take.



If the patient gets any unwanted effects or bad reactions to their medicines tell the staff straight away.



There is a scheme called [Yellow Card reporting](#). This tracks issues with medicines, vaccines and other health items. You can report an issue on the Yellow Card website.



**Keep all medicines out of the reach of children.**

## What happens when the patient is ready to leave hospital?



Staff will check the patient's medicines before the patient leaves hospital.



Give your bedside cupboard key back to staff before the patient goes home.



The pharmacy team may contact you by phone or visit you at home if needed.



**At home, keep all medicines out of the reach of children.**