

Patient Information about Self-Administration of Medicines

**DAY CASE / OVERNIGHT PATIENTS
ONLY**



What is Self-Administration of Medicines?

Self-Administration (also known as SAM) allows you to be responsible for taking your own medicines while you are in hospital (as you would normally do at home).

For day case patients this means taking any medicines that you are already prescribed as you would do if you were at home. To be able to do this, you must bring any medicines you will be due to take while you are here into hospital with you.

What should I expect to happen?

A nurse or pharmacist will:

- Assess if you are suitable for the scheme
- Ask you to sign a form to say you agree to self-administer your own medicines and that you accept responsibility for taking them correctly and storing them safely
- If you are started on any new medicines then we will arrange a supply for you.
- If we feel you are no longer able to take your medicines safely we may ask you to stop self- medicating.

What are my responsibilities whilst self-administering?

- If you are in a ward area with a lockable bedside cabinet, you will be given the key and asked to keep your medications locked in the cabinet and keep the key safe. If you fail to do this you will no longer be able to take part in the scheme.
- If you are in an outpatient area, you must ensure your medicines are stored safely by keeping them out of sight and reach of other patients and visitors.
- To only take your own medicines in accordance with the directions you were given by the healthcare professional that prescribed them for you.
- Tell your nurse if you have forgotten to take one of your medicines, have accidentally taken too much or have taken something that you shouldn't have.
- Ask your nurse for any medicines to which you do not have access, such as those which are only taken "as required".
- Alert your nurse/pharmacist/pharmacy technician if your supply of medication becomes low, you think you have the wrong medicine or the dose written on the label does not match what you are currently taking.
- Under no circumstances should you share medication with or accept medication from another patient or visitor.

It is your responsibility to keep your medicines safe

If any visitor or patient tries to take your medicines please call a nurse at once.

Can I choose not to self-administer?

Self-administration is not compulsory and you must not feel that you have to take part even if asked.

***IF YOU HAVE BEEN GIVEN A KEY TO A BEDSIDE MEDICINE CABINET PLEASE
REMEMBER TO RETURN IT TO A NURSE BEFORE GOING HOME***

Patient Information Leaflet for: Self Administration of Medicines Version: 6 Trust Docs ID: 9366
Author/s title: Helen Willimott Approved by: PIF Date approved: 20/07/2020 Date reviewed: 12/07/2022 Next review due:
12/07/2024

Help with your medicines after leaving hospital?

Pharmacy Helpline

If you require information about your medicines you can call the Norfolk & Norwich University Hospital Pharmacy Helpline (01603 287139) between 9am-5pm Monday to Friday. Your questions may include:



- How and when should I take my medicines?
- Can I take other medication with them?

We cannot answer questions about your illness in general or about other people's medicines.



Find out how your local chemist can help

Your community pharmacy (chemist) will be able to give you advice and support after you leave hospital. Ask your hospital pharmacist, nurse or doctor for a leaflet which tells you about the services you may be able to receive from your community pharmacy.



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Going into hospital?

Please bring **all** your current medicines with you
(this includes inhalers, eyedrops, creams etc..)

