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Carers in Hertfordshire

# Factsheet G10 – Medicine Top Tips

1. Ask your Pharmacist if you have any questions concerning the medicines of the person for whom you care.
2. Both the carer and the cared for person should carry a card listing the details of all medications the cared for person is taking – just in case the cared for person is suddenly taken into hospital etc. (Suitable credit card sized papers for this purpose can be obtained from Carers in Hertfordshire).
3. Keep a Lions 'message in a bottle' in the fridge – this is a small container in which information can be stored about the medical condition, medication, allergies, and emergency contact details for each person in the household. This will ensure that in the case of emergency, ambulance, police and fire and rescue service staff have vital information. If you don't have one of these, they can be obtained from your local pharmacist, or from Herts Action on Disability on 01707 384260. *Carers in Hertfordshire* also have some stocks
4. Even if your relative is in a care home, it is worth being present at GP visits, and keeping abreast of the medication he/she is being given.
5. Find out more about 'Medicine Use Reviews' - your pharmacist will be able to discuss this with you.
6. If you have concerns regarding the administration of medication for your relative when they are in a care home, you can contact the Commission for Social Care Inspection on 0845 015 0120.
7. If someone is taking medication from more than one source – for example, a prescription from the hospital consultant as well as the GP, over the counter medication, homoeopathic or herbal remedies, it is important to check with a pharmacist that it is safe to do so.
8. If someone is prescribed a course of medication, they should not discontinue the course for any reason, without first checking with their pharmacist and/or doctor. Always return unwanted or out of date medicines to your local pharmacy for disposal.
9. Anyone who receives regular medication and whose condition is stable, can ask their GP and/or pharmacist about 'Repeat Dispensing' which will enable them to collect a year's worth of prescriptions directly from their pharmacist without having to return to your doctor (but this must be agreed with your GP).

**If in doubt ……..ASK YOUR PHARMACIST!!**

Tips approved by Pauline Walton, Pharmacy Lead for East and North Herts Primary Care Trust



*The information contained on this sheet is correct at the time of issue.*
*Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them*

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