A guide for patients about
self-administration of medicines

Self-administration is a programme used on this ward to help you take your medicines by yourself and improve your knowledge about the medicines so that you are able to manage when you go home.

It will help you to:
• maintain your independence by taking your own medication
• understand why you are taking your medication
• understand how to take the medication safely
• get support and/or contact healthcare professionals outside of the hospital once you go home if you need help.

Before you start to self-administer
Before you take part in this programme you will have a chance to speak with a member of the pharmacy or nursing team who will be able to discuss the benefits of the programme with you. The programme is not compulsory and you don't have to take part, even if you are asked to. You can also change your mind at any time.

What happens next?
If you agree to take part, then you will be asked to sign a form to say that you understand the programme and would like to self-administer. The nurse or pharmacist will then explain exactly how the programme works and will provide information about how to take your medicines and at what times. A detailed medication information card will be provided to help you remember the information. Where possible, your own medicines from home will be re-used and any other new medication will be supplied by the ward. All medication will be labelled with your name, the name of the medicine and full instructions on how to take the medicine correctly.

What happens if I have any problems?
Please talk to your pharmacist or nurse on the ward if you:
• are unsure about how or when to take any medicine/s
• forget to take a dose
• are going to run out of medicines or if you are due to run out soon
• have any further questions about your medicines or the programme
• have decided not to continue with the self-administration programme.

What happens when it is time to go home?
We will always try to send you home with enough medicines (usually a minimum of seven days’ supply) until you are able to get a new prescription from your doctor. All your medicines will be checked before you leave and you will be given the medicines information card to take home.

What happens if I have problems with my medicines at home?
When you are at home if you have any difficulties with self-administration your local community pharmacist can provide you with additional support.

Please carry your medicine information card with you at all times once discharged from hospital.

Always contact your local pharmacist or doctor if you have any difficulty with your medicines at home.
If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

**Leaflet code:** 01011  
**Published:** June 2016  
**Expires:** June 2019

---

**Customer Care Team**

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

**Phone:** 0300 123 1807, 8am to 5pm, Monday to Friday  
**Text:** 07899 903499  
**Email:** kcht.cct@nhs.net  
**Address:** Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ  
**Web:** [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)

---

**Customer Care Team**

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

**Phone:** 0300 123 1807, 8am to 5pm, Monday to Friday  
**Text:** 07899 903499  
**Email:** kcht.cct@nhs.net  
**Address:** Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ  
**Web:** [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)