

NAME _____

Highland Hospice Tel:01463 243132

WHERE CAN I GET HELP?

If you have any questions about your medicine, please contact your doctor, nurse or pharmacist. You may telephone them for advice or you can ask the next time you see them.

Contact Name	Contact Telephone number
YOUR GENERAL PRACTITIONER:	
YOUR COMMUNITY NURSE:	
YOUR COMMUNITY PHARMACIST:	
YOUR MACMILLAN NURSE:	Mon – Fri 9am – 5pm Inverness
	Dingwall
	Golspie
	Lairg
	Wick
	Fort William
	Broadford, Skye
	Raigmore
Specialist Palliative Care Pharmacist Mon-Fri 9am – 5pm	
Day Hospice Day(s) attending: Driver arranged: YES/NO	
Stoma Nurse:	
Intermediate Care Team	
NHS 24	
Care Manager	
Other:	

Equipment Supplied

Equipment	Supplied from



A GUIDE TO YOUR MEDICINES

IMPORTANT POINTS ABOUT YOUR MEDICINES

- 1. ALWAYS STORE YOUR MEDICINES SAFELY.** At home, make sure the containers are out of reach of children. Return unused medicines to your local pharmacy.
- 2. READ THE INSTRUCTIONS ON THE LABEL OF THE CONTAINER CAREFULLY.** If you don't understand them, or why the medicine has been prescribed for you, ask your doctor, nurse or pharmacist.
- 3. ALWAYS TAKE THE MEDICINE AS DIRECTED ON THE LABEL.** If you forget to take a dose, take the next one when it is due. Don't attempt to catch up by taking two doses at the same time. If you think you have taken more medicine than you should or experience any unusual event or side-effects you think could be caused by your medicines, contact your doctor, nurse or pharmacist for advice.
- 4. DON'T TRANSFER MEDICINES FROM ONE CONTAINER TO ANOTHER** unless it is a special container designed to assist you to remember when to take them.
- 5. ALWAYS COMPLETE A COURSE OF MEDICINE AS DIRECTED,** even if you feel better after a day or two. If you lose your tablets, or spill your medicine, contact your doctor, nurse or pharmacist for advice.
- 6. FURTHER SUPPLIES** If your supply of medicine is running out and you need more or are not sure if you should continue to take it, contact your doctor, nurse or pharmacist.
- 7. IF YOU HAVE TO STAY IN THE HOSPICE OR HOSPITAL** take your medicines with you.