Easy Read

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan
All Wales Medicines Strategy Group

# Self-administration of medicines

## Taking your own medicine while in hospital

### Information for patients

May 2026

# How to use this document

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

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**:

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Cymraeg

Mae'r daflen yma ar gael yn y Gymraeg.

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# What is self-administration of medicines?

**Self-administration of medicines** is a scheme that supports you to manage your own medicines while in hospital. Or for your carer to manage them for you.

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

Supporting people to manage their own medicines helps people stay independent while in hospital.

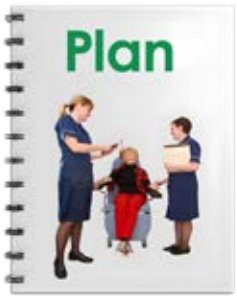
# What will it mean for me?

If you agree, you will be responsible for taking your medicines during your hospital stay.

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

If your medicines change, it may 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 you leave hospital.




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

# Will I be using my own medicines?

If this is suitable, yes. You will bring your medicines into hospital and keep taking them while you are there.

If you 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 I store my medicines?

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 take my own medicines?

No. If you prefer, the staff will give you some or all of your medicines.

## How will I know if I can take my own medicines in hospital?

If you want to take your own medicines, a member of staff will check this is okay.

## What support will I receive?

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

There may be times when you need more support with medicines. For example, because of a change in your condition. Staff will help you 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 your medicines tell a member of staff straight away.

Never share your 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 take your medicine, tell the staff.

Do not take more than the dose you are supposed to take.

If you get any unwanted effects or bad reactions to the 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 I am ready to leave hospital?

Staff will check your medicines before you leave the hospital.

Give your bedside cupboard key back to staff before you go 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.**



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