Understanding your medication

Medication record

It can be very useful to keep a record of any medication you have been prescribed as this can change from time to time.

Below is a chart you could use.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Date started</th>
<th>Dosage</th>
<th>Why I take it</th>
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Safeguarding is everyone’s business.

To get help for someone at risk of abuse or harm, contact the Lincs safeguarding unit.

Adults: 01522 782 155
Children: 01522 782 111

If you would like this leaflet provided in an alternative language, large print, Braille or audio, please contact the Trust’s communications team on the email address below.

Email: communicationslpft@lpft.nhs.uk

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection Act and the NHS Code of Conduct.

Supporting excellent physical and mental health

www.lpft.nhs.uk
Understanding your medication

As part of your recovery you may be prescribed some medication to help you manage your mental health.

It is important that you understand why this is prescribed, and how to take and store it.

Your medication might be prescribed by your GP, or by a psychiatrist and it is essential that they know if you are experiencing any problems or side effects as a consequence of taking it.

Your psychiatrist, community psychiatric nurse (CPN), care coordinator, or named professional will assist you with managing your medication and we are very happy for you to ask any questions you like.

- Do I know what the medication is for?
- Have I mentioned any allergies?
- Have I mentioned any physical health problems?
- Have I mentioned all the other medications I currently take, including any over the counter or alternative remedies?
- Do I know what side effects I might get, and what should I do if I get them?
- Are there any risks?
- Are there any alternatives?

Taking prescribed medication

- Do I know how much medication to take?
- Do I know when to take it?
- Do I know how long the medication will take to work?
- Who will make sure that the medication is working as it should?
- Do I know what to do if I take too little, or too much medication?
- Do I know how to obtain more medication?
- Do I know when this medication will be reviewed to make sure that it is still working?
- Do I know how to store it safely?

Starting medication

- Will medication have an impact on my lifestyle?
- Can I carry on driving?
- Will it make me feel tired?
- Will it affect my concentration?
- Can I drink alcohol?
- When will I have my yearly physical health check; do I get the result and who will explain what it means?
- Is there anything else I need to know?

Stopping medication

- What can I do if I think it’s not working?
- How long will I need to take it?
- Can I refuse medication?
- Do I know what to do with any unused medication?

Medication information

Your psychiatrist, CPN, care coordinator or named professional can go through the leaflet supplied with your medication with you.

They can also provide you with more information if you wish.