

What is Waitematā District Health Board doing to improve medicine safety?

- The pharmacists, doctors and nurses work together to select the best medicines for you.
- We aim to make sure you know about your medicines. Please ask any questions if you are unsure.
- We will let your GP know about any new medicines or changes that have been made.
- We have information sheets for some medicines and conditions; there is also information available in other languages on www.healthnavigator.org.nz
- We have an interpreter service if English is not your first language.

This is a guide only and not a replacement for advice and care of your doctor, pharmacist (chemist) or nurse.

Contact numbers at home

Healthline has free 24-hour health advice
0800 611 116

If you think you have taken too many medicines, or the wrong medicines, contact your doctor, nurse or the Poisons Centre.

0800 POISON (0800 764 766)



Waitematā
District Health Board
Best Care for Everyone

Safe use of medicines

- Understand your medicines
- Ask questions
- Do not share your medicines with others

What you need to know



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How you can help?

We aim to give you the safest care possible. You can help us make sure your medicine gives you the greatest benefit with the least risk to you.

If you have any questions or concerns, please ask.

When you come to hospital

Please bring all of the medicines you are taking including:

- all medicines that your doctor has prescribed
- medicines bought at a supermarket, health shop, pharmacy or over the internet
- herbal medicines, vitamins or natural remedies.

If you have a Yellow Card or a Care Plus booklet, please bring this with you.



The image shows a yellow card titled 'My Medications' from Waitemata. It lists places to bring medicines: doctor, pharmacy, specialist, outpatient clinics, hospital, emergency clinics, and dentist. It also asks for patient name, allergies, GP's name, usual pharmacy, and date of card. A note at the bottom says 'Keep your card up-to-date. If your medications or doses change don't forget to up-date your card.'

Allergies and reactions

If you know you have an allergy or bad side-effect to any medicine or food, then:

- tell the staff as soon as possible
- write this on your medicine list
- ask about a MedicAlert® Bracelet.

If there is a medicine that doesn't suit you and you do not wish to have it again, please let your doctor or pharmacist know.

During your hospital stay

Your medicines will be stored safely on the ward in a green medication bag with your name on it.



The ward staff will let you know which medicines you may keep at your bedside. Feel free to ask about any medicines that are being given to you.

If you are uncertain about your medicines, ask to speak to the nurse in charge.

Going Home

A doctor, nurse or pharmacist will talk with you about your medicines before you leave. Let them know if you brought your own medicines with you so they can return them to you if you still need them.

Make sure you understand:

- all the medicines you take and why
- any special instructions.

If you no longer need some of your medicines, these will be safely disposed of for you.

If you need a Yellow Card, this can be filled-in with a list of your medicines. Yellow Cards are also available from your GP or community pharmacy.

Tips for medicine safety

- Check your wrist label to make sure it is correct.
- Staff should check your wrist label before you are given any medicine.
- If you are allergic to any medicine or food, tell the ward staff so it can be recorded.
- Look at the medicine you are being given, ask what it is before you take it.
- If you have a side-effect from your medicine, let the ward staff know.
- If you have medicine through a drip (IV), tell your nurse if you are worried about it or if it feels sore.
- If you are feeling unwell or feel unable to speak for yourself, you can ask your family or whānau to ask questions for you.

Make sure you know what you need to know.