

Self-Medication for Cystic Fibrosis

Information for patients

Self-medication is where you administer some or all your medicines while in hospital rather than them being given to you by a nurse.

How does it work?

When you are admitted to the ward, we will ask if you wish to take your own medicines during your stay. This is completely voluntary, and you can change your mind at any time.

If you wish to take your own medicines on the ward, we will issue you with a locker key specific to the locker in your room. We will go through your list of medicines carefully and look at what you take at home, including the exact doses and timings. This may differ from the list we agree in clinic slightly.

We can top up anything you run out of during your stay and will ensure you have at least 7 days supply to take home.

Your responsibilities

Always bring your own medicines from home into hospital when you come in as we may not have all the medicines you take in stock.

Store your medicines securely in the bedside locker. When you leave the room, including if you are in the shower or bathroom, ensure the locker is locked and take the key with you.

Take the medicines as per the agreed prescription. Do not take more than the agreed prescription.

Return your locker key to a member of staff before you leave hospital.

Inform the team about all the medicines you take. Let us know if anything needs changed or updated.

Our responsibilities

We will:

- Document that you have agreed to self-medicate during your stay in hospital. We will mark the items we have agreed together that you can take on our prescribing system. The ward nurses will then know which items you are taking yourself.
- Ensure that you are aware of any changes made to your regular medication during your stay. We can provide you this as a written list if you prefer to follow it this way.
- Ensure your medicines are always labelled with the current doses you take.

Are there any items I cannot take myself?

If you are taking a controlled drug then we can discuss letting you take this yourself, however, we may need to keep a note of how many doses you have each day in our ward register. Please let us know about these medicines, they include: strong pain-killers such as morphine or oxycodone and ADHD stimulant medication such as methylphenidate or lisdexamphetamine (Elvanse).

Items stored in the fridge are not currently able to be stored in your room. For example, DNase (dornase alfa or Pulmozyme). You can take this yourself via your own nebuliser, but the nurse will need to give you the dose to take each day.

What if I no longer wish to take my own medicines?

This can happen, for example, if you are feeling very unwell or too sick to take your own medicines. We can assess you every day to check you are still happy and you can let us know at any time if you wish to change. It is important to let us know if anything changes as your prescriptions would need updated to reflect any change and we would add an update to your medical notes.

Adult Cystic Fibrosis

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