

# Medicines

Information for people who use services and carers



**Easy Read**

# Why do we prescribe medicines?



We **prescribe** medicines because they help people to get better.



**Prescribe** means that a doctor wants you to you to have a medicine at a certain **dose** to help you to get better.

The doctor writes down what medicines you should have on a **prescription**.



Some medicines help to treat the **symptoms** of your mental health problem.



A **Symptom** is the effect on your body caused by the illness.



Other medicines reduce your chances of getting poorly again.

We follow government guidelines about prescribing medicines.

## Choosing the right medicines for you



We involve you as much as possible when choosing the right medicine for you.



You can help us to know which medicines:

- Have worked well in the past
- Have given you problems



We also need to know what other medicines you are taking - including any herbal remedies.



## Sticking with medicines

Sometimes it can be hard to remember to take your medicines.

If you are having problems, please tell your doctor. They will be able to suggest ways to help to remember.

## What about side effects?



A **side effect** is some effect that a medicine may have on your body - as well as making you feel better.

All medicines have **side effects**. Some side effects are more common than others.



If you get a **side effect** - please tell your doctor. They may be able to help with it.

## Coming into hospital



If you need to come into hospital, please bring with you all the medicines that you are taking - including any herbal remedies.



The medicines will be assessed during your time in hospital.

You can ask any questions about your medicines while you are in hospital.



When you leave hospital you will be given medicines to take home with you.



You should show the **prescription** to your local doctor (GP) and your local pharmacist.

## Getting the best out of your medicines



- Always follow the directions on the label
- Always check that the medicines are in date
- Store your medicines safely
- Never share your medicines with anyone else



## Finding out about your medicines



We want you to be involved in deciding what medicines to take.

We may give you a leaflet about your medicine.

You can get more information from:



**Web:** [www.choiceandmedication.org/sabp](http://www.choiceandmedication.org/sabp)



**Tel:** Medicines information helpline  
01483 443 697 (Monday - Friday 9am  
- 5pm)

## Reducing waste



Medicines can be very expensive.

If you are not using your medicines,  
please tell your doctor.

# For more information

Please contact Surrey and Borders Partnership  
NHS Foundation Trust



**Telephone:** 0300 55 55 222



**Textphone:** 020 8964 6326



**Web:** [www.sabp.nhs.uk](http://www.sabp.nhs.uk)

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