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# Medicines

Information for people who use  
services and carers

For a better life



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## Why do we prescribe medicines?

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We prescribe medicines because evidence from clinical trials demonstrates they have a valuable treatment role.

Some medicines are helpful at treating the symptoms associated with mental health conditions and others can be particularly helpful in preventing relapse; that is to say that when taken regularly, they can help to reduce the chances of you getting unwell again.

We also follow national guidelines to ensure we offer the best treatment and provide the most up to date best practice.

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## Choosing the right medicine for you

We involve you as much as you want in any decisions about medicines. To help us do that, it's helpful to know which medicines have worked well for you in the past, and which have caused you significant problems or side effects.

We also need to know what medicines you are currently taking, including any medicines and herbal remedies that you may have purchased from a chemist or supermarket. Please bring a list of all the medicines you are taking to all your appointments. This is important as it will help us to check that any new medicine we need to prescribe won't interact with the medicines you currently take.

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## Sticking with medicines

Sometimes it can be hard to remember to take your medicines regularly, especially if you are feeling better. It's best to be honest with your prescriber about how you are getting on with your medicine and whether you are taking it regularly. If your prescriber/team know you are having problems, they can help you to find ways to make it easier to remember what to take and when to take it. You may have a carer who helps you with your medication. Tell us if this is the case so we can support them with managing your medicines.

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## What about side effects?

All medicines have side effects - some are more of a problem than others, and some are more common than others. We will tell you about the common side effects of the medicine that we prescribe for you.

If you experience a side effect with your medicine, please tell us. We can then help to manage that side effect, or change your medicine.

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## Coming into hospital

If you need to come into hospital, please bring with you all the medicines you currently take, (including any medicines and herbal remedies that you may have purchased from a chemist or supermarket). If you're not sure or can't remember what you've been taking, we'll ask your family/carers if they know. We will also contact your GP to check what medications you are currently prescribed. That way, our doctors and pharmacy team can see exactly what you are taking and make sure you get all the correct medicines during your stay.

The medicines will be assessed and, where appropriate, administered to you during your in-patient stay.

Feel free to ask us any questions you have about your medicines during your stay. If you want to talk to a member of the pharmacy team then do tell a member of the ward staff and they will arrange that for you.

When discharged, you will be supplied with a sufficient supply of medicines, as prescribed by your doctor. Don't forget to show the copy of your discharge prescription to your local community pharmacist and your GP, as this will help to make sure you continue to get the right medicines for you.

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## 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, usually in a cool, dry place, out of the sight and reach of children. Some medicines may need to be stored in the fridge and if so this will be clearly indicated on the label.
- Never share your medicines with anyone else.



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## Finding out about your medicines

We want you to be involved in decisions about your medicines. If we recommend a new medicine for you we will be clear about why we are recommending it, describe how it will help you and discuss any common side effects you may experience. We will also provide you with a medicines information leaflet. Please ask for a leaflet about your medicine if you haven't been given one.

Further information is available:

- Online at [www.choiceandmedication.org/sabp](http://www.choiceandmedication.org/sabp)
- By calling the Trust's medicines information helpline on 01483 443697 (Monday - Friday, 9am - 5pm).

Community pharmacies also offer a range of services to help support you with your medicines. Do speak to your local community pharmacist if you want help with your medicines or want to ask a question about your medicines.

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## Reducing waste

Medicines can be very expensive and we are doing as much as we can to reduce waste. You can help us by making sure you use the medicines prescribed for you and tell your doctor if you don't need a repeat prescription.

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285      email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)

Surrey and Borders Partnership NHS Foundation Trust  
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222    Textphone: 020 8964 6326

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