



# Your medications on discharge

This guide will go through important information about your medication to take home (TTO). It should be read alongside the information leaflet supplied with your medicine. Please refer to the reverse of this leaflet for contact details of our Pharmacy Department if you have any questions.

# Ensuring your medicines are safe and effective

During your stay at The London Clinic, our pharmacy team work closely with doctors, nurses and other allied health professionals to ensure the best care for you.

- ✓ Take the medicines as directed on the label
- ✓ Please read the patient information leaflet provided with the medication, and consider all warnings provided. Consult your Doctor or Pharmacist if you have any concerns
- ✓ Avoid alcohol as advised
- ✓ Store your medicines as directed
- ✓ Tell your community Pharmacist about the regular medicines that you take before buying "over the counter" remedies
- ✓ If you miss a dose, don't double up on the next dose- ask your Pharmacist or Doctor for advice
- ✓ Never share your prescribed medicines with others, even if their symptoms appear similar to your own
- ✓ Medication that causes drowsiness may affect your ability to drive and / or operate machinery, please avoid doing these tasks whilst taking them
- ✓ Make sure that all medications including vitamins, are stored out of reach and out of sight of children.



# Worried about your medication side effects?

With all medications dispensed on your discharge, we supply a patient information leaflet. This states all known side effects of the medication and the frequency.

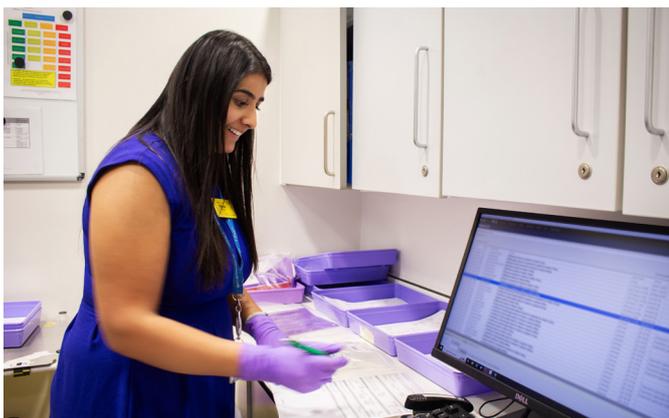


If you lose this leaflet, please refer to online advice at [patient.co.uk](https://patient.co.uk) or [medicines.org.uk](https://medicines.org.uk)

The table below explains the frequency of side effects as stated in the patient information leaflet. This table gives an indication of how likely a side effect is with that particular medication, you may only experience some or none of these side effects. If you are concerned, please speak to your local pharmacist or GP

Frequency	Definition of frequency of side effects
Very common	If 10 people are given the medicines, at least 1 is likely to be affected and experience the side effect
Common	1 in 10 to 1 in 100 people are affected
Uncommon	1 in 10 to 1 in 1000 people are affected
Rare	1 in 100 to 1 in 10,000 people are affected
Very rare	If 100,000 people are given the medicines, less than 10 are affected

You can report any suspected adverse side effects using the Yellow Card Scheme, which can be accessed via <https://yellowcard.mhra.gov.uk/>



# Common discharge medications

This table includes some typical medications that are commonly given at discharge. Not all of these medications will be given to you. Your discharge medication plan has been specifically tailored for you to provide the absolute best care at home.

Medicine type	Some examples	Side effects and further advice
Analgesia (Pain relief)  <b>Medicines containing paracetamol</b>	Paracetamol Co-codamol Co-dydramol	<ul style="list-style-type: none"> <li>✓ Avoid taking any other medicines that contain paracetamol, which are commonly found in cold and flu remedies.</li> <li>✓ Do not exceed the stated dose.</li> <li>✓ Please seek immediate medical attention if you take too much of this medicine, even if you feel well.</li> </ul>
Analgesia (Pain relief)  <b>Opioids</b>	Codeine Dihydrocodeine Tramadol Morphine Oxycodone	<ul style="list-style-type: none"> <li>✓ Can make you sleepy. Do not drive or use tools or machines if this happens. Do not drink alcohol.</li> <li>✓ Can cause constipation. Drink plenty of water and take laxatives if needed.</li> <li>✓ Can cause nausea.</li> </ul>
Analgesia (Pain relief)  <b>Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)</b>	Ibuprofen Diclofenac Naproxen Etoricoxib	<ul style="list-style-type: none"> <li>✓ Can cause indigestion, nausea, and heartburn. Take with or just after food, or a meal to avoid stomach related side effects.</li> <li>✓ Avoid taking if you have suffered stomach ulcers in the past.</li> <li>✓ If you are asthmatic, it may make your symptoms worse- do not take if you are affected.</li> </ul>
Anti-emetics (anti-sickness)	Metoclopramide Cyclizine	<ul style="list-style-type: none"> <li>✓ Cyclizine can make you sleepy. If this happens, do not drive or use tools or machines. Do not drink alcohol.</li> </ul>

Medicine type	Some examples	Side effects and further advice
Proton pump inhibitors  <b>Stomach Protectants</b>	Omeprazole Lansoprazole	<ul style="list-style-type: none"> <li>✔ These are commonly given to counteract stomach irritation that may be caused by medications such as ibuprofen etc.</li> <li>✔ These medicines work best when taken 30 minutes before food.</li> </ul>
Laxatives	Movicol Lactulose Senna	<p>Some common side effects of laxatives include bloating, feeling sick, flatulence, dehydration and stomach cramps.</p> <ul style="list-style-type: none"> <li>✔ Dehydration can make you feel lightheaded, have headaches and have urine that's a darker colour than normal. It is important with all laxatives to take with plenty of water.</li> <li>✔ Movicol can take 1 to 2 days to work.</li> <li>✔ Lactulose takes at least 2 days to work. If you find the taste of lactulose too sweet, you can dilute it with fruit juice or water.</li> </ul>
Antibiotics	<b>All</b>	<ul style="list-style-type: none"> <li>✔ Complete the course of antibiotics.</li> <li>✔ Take the medicines at regular intervals as stated on the label.</li> </ul> <p><b>Co-amoxiclav/Amoxicillin/Tapentadol</b> Can be taken with or without food.</p> <p><b>Ciprofloxacin</b> Can be taken with or without food. Do NOT take milk, indigestion remedies, or medicines containing iron or zinc, 2 hours before or after you take this medicine.</p> <p><b>Metronidazole</b> Take with food. Do not drink alcohol while you are taking metronidazole, and for 48 hours after finishing your course.</p> <p><b>Flucloxacillin</b> Take on an empty stomach, an hour before food or two hours after food.</p>

# Managing pain

You can think of pain control by using the diagram below



## STEP 1

The World Health Organisation guidelines start with step 1 with non-opioid drugs such as paracetamol, with or without “adjuvants” such as non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen

## STEP 2

If you are still experiencing pain, you can go up one step. As your pain decreases, you can go down a step. Taking two or more different painkillers together can work better together as they are multi-modal. For example, paracetamol can be taken with an NSAID or opioid.

You may be given a combination preparation such as:

- Co-codamol (codeine and paracetamol)

### OR

- Co-dydramol (dihydrocodeine and paracetamol)

Both preparations contain paracetamol together with a mild opioid.

## STEP 3

Strong opioids such as morphine or oxycodone are used to treat moderate to severe pain only.

They exist as immediate release preparations such as Oxynorm (oxycodone) and Oramorph (morphine), this is usually to be taken on a “when required” basis.

Long-acting or prolonged release preparations such as Oxycontin (oxycodone) or MST (morphine) are usually prescribed as doses that should be taken twelve hours apart to allow pain control over an extended time period. Immediate release opioids may be prescribed at the same time as long acting preparations and should be used for sudden flares of pain despite the regular long acting medication.

**If you start a strong opioid then please stop the mild opioid.**

# How to safely dispose of your medication

Throwing medicines away incorrectly such as in the bin could lead to them being found by children or those that they are not intended for.

Flushing medicines or pouring them down the sink also poses risks to the environment.

- ⊗ Do not throw your medicines in the bin
- ⊗ Do not flush medicines down the sink or toilet
- ✓ Take old or unwanted medicines to a pharmacy
- ✓ Any sharps should be put into a yellow sharps bin and sealed before returning to a Pharmacy.



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# Driving and medication

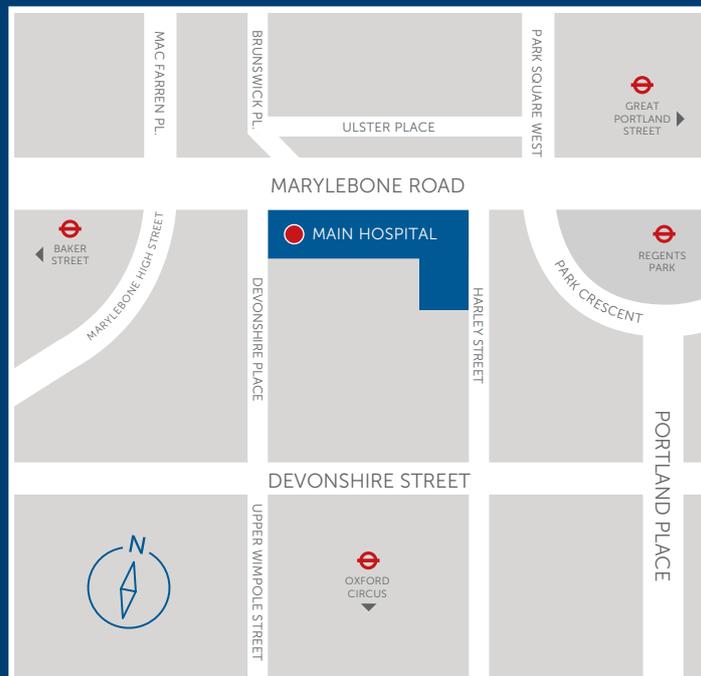
Certain medicines may affect your ability to drive. It is illegal to drive if your driving is impaired by drugs.

If you are taking your medicine as prescribed and your driving is not impaired, then you are not breaking the law.

If you are unsure whether you can drive safely while taking your prescribed medication, you should not drive and consult your Doctor or Pharmacist.

See also [gov.uk/drug-driving-law](https://www.gov.uk/drug-driving-law) for more information.





**Our Pharmacy is located at:**

20 Devonshire Place, London W1G 6BW  
Our direct telephone number is **(0)20 3219 3124**

**We are open:**

Monday to Friday 9am-7pm  
Saturday 9:30am-1pm

Outside of these hours our on-call pharmacist can be contacted via the clinical site team.  
Please call **(0)20 7935 4444** and ask for the clinical site team (senior nurse on duty).