

TTO

TTO medication refers to medication that you get on discharge to take home. These dos and don'ts can help make sure your medicine works safely to improve your health.

Medication Dos



Inform your doctor, nurse or pharmacist about any medication you are currently taking including prescription, over the counter, complementary, alternative or recreational medication.



Tell your doctor, nurse or pharmacist if you are pregnant, intend to become pregnant or are breastfeeding.



Tell your doctor or pharmacist about any known allergies and/or allergic reactions you have had to previous medication.



Take each medication exactly as it has been prescribed.



Check if your medication is likely to cause drowsiness or impair concentration. Avoid driving or operating machinery after taking medication with a sedative effect.



Confirm expected side-effects caused by the use of the medication.



Check that there are no foods you need to avoid while taking the medication and whether it's safe to consume alcohol.



Follow the timings of your medications with respect to meals if instructed to by your doctor or pharmacist and read the instructions on the label of the medication.



Store medications in a cool, dry place and protect them from light or refrigerate them if advised to do so.



Keep all medications out of the sight and reach of children.



Finish the treatment by completing the course your doctor has prescribed if this is what has been advised e.g. antibiotics.

Medication Don'ts



Don't leave the hospital without understanding clearly how and when to take your medicine.



Don't take any medications, over the counter or prescribed, with your current medication. Consult your doctor or pharmacist first.



Don't miss any doses.



Don't stockpile unused medications at home. Once you've finished a course take any leftover medication to your nearest pharmacy for safe destruction.



Don't change your medication dose or schedule. Consulting your doctor or pharmacist.



Don't use medication prescribed for someone else, or share your medication with others.



Don't crush or break any tablets or capsules unless your doctor or pharmacist instructs you to do so.



Don't use medication that has passed its expiry date.



Don't store your medicine in locations that are either too hot or too cold. For example, the bathroom cabinet may not be the best place for your medication as it is often too hot and damp. Use a cool, lockable cupboard out of the sight and reach of children.