

## PATIENT INFORMATION

# Self-administration of Medication in Hospital After Childbirth (SAM)

## Information for Women and Pregnant People

### What is self-administration of medication?

Usually, when you come into hospital the nursing/midwifery staff store and administer your medication. Self-administration of medication is when you, the patient, are given responsibility for safely storing and taking your own medicines whilst in hospital.

### What is the reason for self-administration?

We believe that you are best person to understand what pain relief you need and when you need it. If you usually take your medication independently at home, self-administration allows you to maintain this independence.

### What does self-administration involve?

Firstly, you will be asked if you would like to participate in the scheme. It is voluntary - **you do not have to take part.**

When you come into hospital to have your baby you will need to bring a pack of paracetamol and a pack of ibuprofen in with you (provided there are no reasons why you cannot normally take either of these medications).

You will be told when you can start taking your own pain relief after your baby has been born and will be given a chart on which to record what you have taken. This will help you keep track of timings and help remind you when you can take more.

This information will also be provided for you in writing in the form of a leaflet: 'Pain relief after birth and while breastfeeding'.

If you require stronger pain relief, please just ask your midwife or doctor, this will be prescribed for you in the usual way.

### How and where will the medicines be stored?

Medication must be stored out of reach of any children who may be visiting, and other patients on the ward, therefore you will have access to a locked medication cabinet at your bedside. **Never share your medication with anyone at any time.**

## **What if I am unsure about my medication?**

If you decide to self-administer, the staff will still be available to help you if you have any queries. **If you want to stop self-administering at any time, for any reason, you are free to do so**, just inform your Nurse/Midwife or Doctor.

## **What do I do if I am still in pain?**

It is important for you to talk to your midwife and ask for help and advice. Make sure you have been taking regular paracetamol and ibuprofen. Additional analgesia can be prescribed for you.

## **What if I am unsure about my medication?**

If you decide to self-administer, the staff will still be available to help you if you have any queries. **If you want to come off the scheme at any time, for any reason, you are free to do so**, just inform the Registered Nurse/Midwife or Doctor.

## **What about my normal medication?**

**Please bring all of your medication when you come into hospital.** This will be reviewed by your medical team.

## **How do I get a supply of medication for use after discharge?**

You should ensure that you have an adequate supply of paracetamol and ibuprofen at home for when you leave hospital. If you require additional pain relief this will be prescribed by your medical team on discharge.

## **Further information and advice can be obtained from:**

- Your Anaesthetist, Obstetrician or Midwife: 01803 654631
- Torbay Hospital Pharmacy: 01803 655304
- NHS 111: 111
- The NHS website: [www.nhs.uk](http://www.nhs.uk)

## **Thank you for reading this information leaflet and we welcome any feedback.**

- Address: Torbay and South Devon NHS Foundation Trust, Newton Road, Torquay, TQ2 7AA
- Phone: 01803 614567
- Website: [www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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