

## Medication advice for those preparing for a hospital admission who are living with Parkinson's

If you live with Parkinson's, any hospital admission can be complicated by your medication regime. Wondering whether you will get your medicines on time, or not, can add to the stress. This information will help you to prepare in advance.

A range of resources and ideas, from written information to practical items to help you get your medicines on time, are available from Parkinson's UK and elsewhere.

### Things you can do in advance

- Obtain a 'Message in a Bottle'. Details of your medical history and medications are stored in a bottle in the fridge, a sticker placed on the front door will alert paramedics to look there for your info. <https://lionsclubs.co/Public/message-in-a-bottle/>
- Use a [Medic alert](#) wristband
- Obtain an IceCard: 'In Case of Emergency' medical and contact info stored on a card for wallet or purse, includes stickers and key fobs eg <https://www.icecard.co.uk/>
- Set up a smart phone app to record ID and health info for emergency workers – can be accessed without unlocking the phone eg Medical ID:ICE <https://play.google.com/store/apps/details?id=app.medicalid.free>
- Obtain 'Going to Hospital when you have Parkinson's' which has lots of useful information <https://shop.parkinsons.org.uk/collections/parkinsons-uk-information-1/products/going-into-hospital-when-you-have-parkinson-s>
- Compile medication lists, on a computer or by hand – always keep up to date, both Parkinson's & non-Parkinson's medicines, any medicines you can't have together, what happens if you miss them, any issues around timings of meals
- Take photos of your meds and/or prescription and store on your phone
- Have 48 hrs worth of medication set aside and ready to take in – must be in original packaging (do you always take extra tablets with you when out and about in case you are delayed getting home?)
- If on Apomorphine or Duodopa, collect up everything you need, including Apo-go nurse contact details
- Compile Contact lists – everyone you can think of who might help if you have a problem getting medicines, including Parkinson's Nurses, Neurologist, Neurology Dept, GP, Parkinson's UK Help Line, Apo-go nurse.
- If you live alone, or don't have a care partner, identify someone who could bring your medicines in, if necessary. A care partner may need to stay with you to give you your medicines.
- Obtain 'Caring for your Patient with Parkinson's' to show to the nurses on your ward <https://shop.parkinsons.org.uk/collections/for-professionals/products/caring-for-your-patient-with-parkinson-s>
- If admission is planned, inform your Parkinson's nurse.

## Practical items to obtain to alert hospital staff that you have Parkinson's and the time your meds are due

- medication card
- 'I have Parkinson's' badges
- yellow 'Get It On Time' stickers to give to the nurses

Available from <https://www.parkinsons.org.uk/information-and-support/managing-your-medication-hospital>.



### In hospital

- give the doctors and nurses a list of your meds
- show your medicines to your nurse so that they can check them and they will show you where they need to be stored so that they are safe and secure. Medicines must be in their original packaging and labelled correctly.
- talk to the nurse in charge of the shift, or your named/key nurse about your Parkinson's medicines and timings of your doses, especially in relation to mealtimes.
- ask the nurses if they are aware of the yellow stickers, the booklet 'Caring for your Patient with Parkinson's' etc
- you may need to adjust your tablet times to ward routine, eg if normally take at 9am but in hospital they wake you at 7am and physio comes at 9am, you won't be ready

### What to do if you're not getting meds on time

- talk with the nurse in charge of the ward
- talk with the ward pharmacist
- contact your Parkinson's nurse, or the Parkinson's nurse for the hospital you are in
- arrange for your care partner to bring in your medicines
- ask to see the neurologist
- contact PALS – the Trust Patient Advice & Liaison Service

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

### Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)