

Information for women and pregnant people

Self-administration of medication in hospital after childbirth

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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?

Following delivery of your baby, self administration of pain relief allows you greater control of your analgesia. You can take it when you need it and without delay, this should help improve your pain control and allow you to develop a good analgesia routine before discharge.

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 about my normal medication?

Please bring all of your medication with you when you come into hospital. This will be reviewed by your medical team and prescribed as appropriate.

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.

Anaesthetic Follow-up

If you have undergone any anaesthetic intervention (e.g., epidural, caesarean section, or other procedure in theatre) the anaesthetic team will send you a follow-up text survey to your mobile phone (if you have one). This is intended to help report any complications and evaluate satisfaction with the service, including self-administration of analgesia.

Further information and advice can be obtained from:

Your Anaesthetist, Obstetrician or Midwife	☎ 01752 430200
Lloyd's Pharmacy at Derriford Hospital	☎ 01752 777422
NHS 111	☎ 111
NHS Choices Online	www.nhs.uk

University Hospitals Plymouth NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)**

☎ **Telephone:** 01752 439884 (internally 39884)

Email: plh-tr.PALS@nhs.net

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website:

<https://www.plymouthhospitals.nhs.uk/pals>

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

Please use this space to write any notes or questions you may wish to ask your healthcare professional:

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**This leaflet is available in large print
and other formats and languages.
Contact: Administrator
Tel: 01752 439262**

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Date issued: January 2022

For review: January 2024

Ref: C-466/BG/Maternity/Self administration of medication in hospital v3