



**The Dudley Group**  
NHS Foundation Trust

# **Self- Administration of medicines in maternity**

Maternity Ward

Patient Information Leaflet

## **Patient information leaflet**

This leaflet explains how you can self-administer your own medication(s) while you are in hospital. It provides guidance on who can do this and information about the medication(s). If you have any questions, please speak to the midwife looking after you or the ward-based pharmacist.

### **Why is pain relief important?**

The amount of pain experienced after childbirth varies from patient to patient, therefore the type and amount of pain relief required will vary. Good pain relief will improve your recovery and enable you to look after your baby. It is better to take pain relief before the pain builds up, but you must not take more than the prescribed amount. Your pain relief should allow you to move around and look after your baby comfortably.

### **Medication myths**

Good pain relief is often avoided due to incorrect beliefs about the risk of addiction to medication, concerns for baby, 'masking the pain' and needing to tolerate the pain. All the medicines outlined here are typically safe for breastfeeding. You will find it easier to look after your baby if you are comfortable.

### **What pain relief can I have?**

Please purchase a week's supply of Paracetamol and Ibuprofen (as long as you have no allergies or contraindications to these drugs).

These painkillers can be self-administered on the ward and will be kept in the bedside locker next to you for your use. Please ask the midwife for the code to your bedside locker. It is important to take prescribed painkillers regularly. Midwives and nurses will assist you if you need further advice and support with this.

A medication self-administration form will need to be completed and a midwife or nurse will check this on the drug rounds. Any medication that are issued for your use will be taken home with you on discharge.

You will need to take your paracetamol and ibuprofen regularly as follows:

- Paracetamol 500mg tablets
  - Dose = 1000mg (2x500mg tablets) to be taken orally four times a day

- Maximum dose = 8 tablets in 24 hours (4g)
- Minimal side effects
- Ibuprofen 200mg or 400mg tablets
  - Dose = 400mg (1x400mg OR 2x200mg tablets) to be taken orally four times a day
  - Maximum dose = 4 tablets in 24 hours (1600mg)
  - Side effects: Upset stomach (take with or after food to counteract this)
  - Cautions or contraindications: If you have a history of asthma, confirmed gastric ulcer or kidney disease speak to your obstetrician before starting this

### **How should I store my medicines?**

You medication will be stored in your bedside locker. You will be given the key/code to access this. If a key is issued to you, please return this to the midwife.

### **What are my responsibilities whilst self-administering?**

- Keep your medicines locked in the appropriate locker and never share your code with other patients.
- Check the printed copy of the SAM MAR (Self-Administered Medicines, Medicine Administration Record) chart which lists the medicines you have agreed to self-administer for the details of the drug, dose to be taken and how frequently. Check the SAM MAR for changed before taking each dose of medicine.
- Document the relevant drug administration time stated on the SAM MAR after taking each dose. If you take at a different time indicate this by recording the exact time you took the medicine.
- Inform your midwife/doctor if anything is unclear, or if you suspect anything is incorrect.
- Only take the medicines we have prescribed for you.

- Ask your midwife/nurse for any 'as required' medicines (e.g., extra pain relief if needed), injections or other medicines to which you do not have access.
- Inform your midwife/nurse or doctor if you need increasing amounts of 'as required' medicines.
- Alert your midwife/nurse if your supply of medicines becomes low

### **Do I need to make a note of when I take my pain relief?**

Yes. Documentation of what medicines you have is very important. Please use the chart to document what you have taken. This also helps us to advise you on how to improve your pain control if needed.

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

It is important to talk to your midwife and ask for help and advice if your plan is not controlled. Additional pain relief can be prescribed for you. Make sure you take regular paracetamol and ibuprofen.

### **What do I do if I think I have taken the wrong tablets or had too many of them?**

Please inform the midwife or a member of staff immediately.

### **Can I choose not to self-administer?**

Self-administration is not compulsory, and you must not feel that you must take part even if asked

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Department details here

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

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