

## Tips for Patients

- Find out from your GP practice the ways to order repeat medication and how much notice they require (often this is 48 hours but is likely to be 72 hours if a pharmacy collects your prescription on your behalf).
- Do not allow yourself to run out of medicines before you order more.
- Use the name of the medicine when ordering your prescription.
- Do not stockpile medicines at home.
- If you have recently been discharged from hospital and your medicines have been changed please check your prescription has been updated.
- If you have any difficulties with your medicines please discuss them with your surgery or pharmacy.
- Always check that the medicines are all correct and are still required by the patient when the prescription is collected as once medicines have left the pharmacy they cannot be changed or issued to other patients.
- Please return any unwanted medication to the pharmacy for safe disposal.
- Some medicines require regular blood tests or other monitoring and you may be asked some safety questions or to show your monitoring book by the pharmacist.
- Repeat medication for 28 days is not appropriate for all prescriptions.

## Summary

- All the GP practices in NHS Cambridgeshire have been advised to adopt 28 days as the standard treatment length for 'repeat' prescriptions.
- There are many benefits when Repeat Medicines are prescribed in amounts which last for 28 days including:
  - Regular review
  - Less waste
  - Better co-ordination of treatment
  - Convenience.

### For further information contact:

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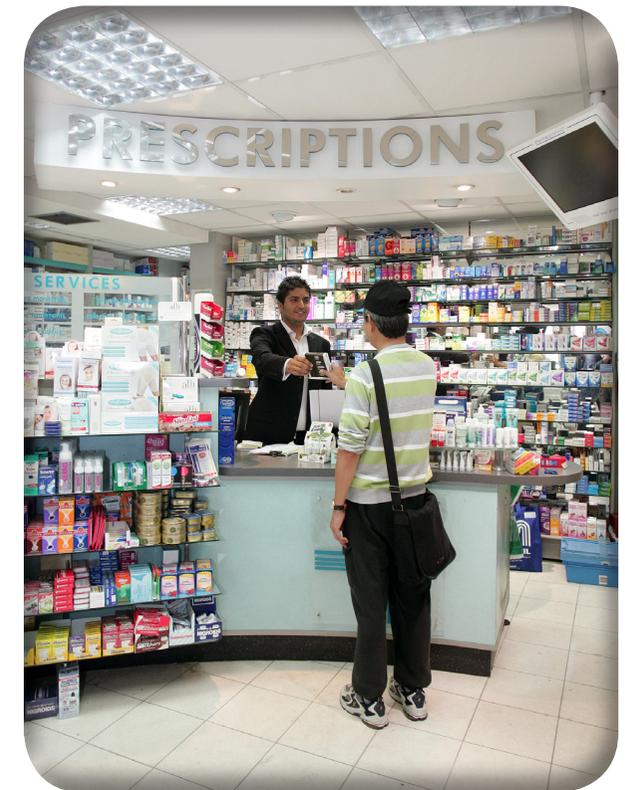
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**NHS**

**Cambridgeshire**

# Repeat Medication for 28 Days



**The benefits explained...**

## What is repeat medication for 28 days?

If you are being prescribed a 'repeat medication' you will be prescribed enough of each of your medicines to last you for 28 days.

### For example:

If you are taking 2 tablets a day you will receive 56 tablets: 3 tablets a day you will receive 84 tablets and so on...

However, there are some medicines which are packaged in 30 day amounts and some in 3 monthly amounts, eg HRT and contraceptive pills and they will continue to be supplied in these packs.



## What are the benefits of repeat medication for 28 days?

### Regular opportunity for review

Prescribers will be able to review your medicines regularly which is especially important if you have a long term condition such as diabetes. Regular review can also help you to take your medicines as prescribed by providing regular checks and reminders.

Doctors dispensaries and Community Pharmacies also undertake reviews on the usage of medications and this is another opportunity to discuss any queries you may have with how you take your medication.

### 28 day calendar packs

Companies manufacture most medicines in 28 day packs. These have patient information leaflets inside and ideally they should be supplied to you as a complete pack. These packs also allow you to check that you have taken your medication.

### Less waste

By ensuring that when medicines are stopped, (for example if there are side effects or doses changed) only the remainder of the 28 days pack will be discarded. It will also reduce the amount which is wasted when partly filled containers are thrown away.

### Less confusing

Keeping fewer partly filled containers of medicines at home will avoid confusion and could prevent mistakes with doses.

### Convenience

Most people should only have to visit their surgery once a month to collect their prescription or 'repeat medication'.

Presently a large number of people make several visits to their surgery each month because their medications run out at different times.

### Start and finish medicines on the same day each week

This will help you to avoid running out of your medicines during the weekend.

## Will it cost people more?

The majority of people who collect repeat prescriptions hold prepayment certificates or do not pay prescription charges. Many people are exempt from prescription charges on the grounds of age, income or medical condition.

### You may be able to save money with a Prescription Payment Certificate.

For more information contact the NHS Business Services Authority on **0845 850 0030** or visit **[www.nhsbsa.nhs.uk](http://www.nhsbsa.nhs.uk)**