



Paying for Medicines

When you are aged 19 or over, if you receive NHS treatment you will be asked to pay a charge (health cost). However, you are entitled to help towards this cost. Prescription Pre-payment is a way of reducing costs for people who are not entitled to free prescriptions on other grounds and who require large quantities of medicines or regular prescriptions.

People who have to pay for more than 5 prescription items in a 4 month period, or 14 items in 12 months, could save money by buying a Prescription Pre-payment Certificate (PPC). You can only use a PPC for your own NHS prescriptions.

To apply, you need a copy of the HC11 leaflet, from Post Offices, some pharmacies and GP surgeries.

Alternatively, you can phone 0845 850 0030 or access them at www.nhsbsa.nhs.uk/HelpWithHealthCosts.aspx

If you are having problems with your medicines or are worried about their side effects -

Discuss them with your doctor and/or nurse in the rheumatology clinic, or give them a ring. They may be able to offer advice, a solution or an alternative.

The Rheumatology Team

Consultants	0121 333 8209
Nurse Specialists	0121 333 8219

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



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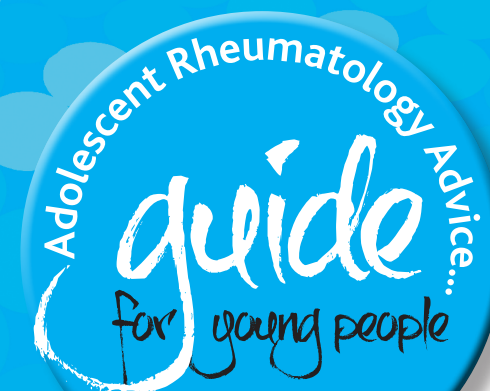
E: questions@kidslikeus.info
www.kidslikeus.info



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Information about Medicines



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A spoonful of questions about medicines

As you get older and you start to increase responsibility for your own health, it is important to know about your medications, how they work and how they should be taken. Here are some questions you might want to ask the doctor or nurse about the medicines you are taking.



- Why am I taking this drug?
- What is the dose and will it change in the future?
- How long does it take to work?
- What are the benefits of taking it?
- What will happen if I don't take it?
- What are the possible side effects?
- Is there anything that can help me cope with the side effects?

- Are there any long-term side effects?
- If I miss a dose what should I do?
- How long will I be on this drug for?
- Have you any other information about this drug that I could read?
- Will it affect my ability to have children in the future?



Tips for taking your medicines

Nobody likes taking medicines. Lots of people, young and old, find it difficult to remember to take them. Here are some handy hints to try and help. Remembering to take them.

- Keep track with a chart on your bedroom wall or a calendar
- Ask someone to help you remember
- Put a sticker on the mirror to remind you
- Ask for a "Pill Mate" reminder box in clinic

Taking them on time!

- Try taking them at the same time every day e.g. when brushing your teeth or eating meals
- Set your watch or mobile to remind you.

Not missing doses

- Plan ahead – make sure you have a drink close by so you can take tablets
- Have a bottle or pill box you can take when you go out – don't forget to fill it up.
- Don't forget to order your repeat prescriptions from your GP

Work with your medical team to find the best medications for you

Don't be shy to ask about your medication and understand what it does

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