

My medication

You may take some medications as part of your cancer treatment. Or you may take medications when needed, for example to help with side effects. You might have to take several types of medication at one time.

If you are in hospital, you may need medicines when you go home. Your hospital doctors will arrange for you to have enough for 1 to 2 weeks.

You will need a repeat prescription for any medicines you need to keep taking after you go home. For most medicines, you can get this from your GP. But some drugs, such as chemotherapy or other cancer drugs, can only be prescribed by your hospital doctor. They are only given out by the hospital pharmacist.

Make sure you ask your GP surgery for your repeat prescription before your medicine runs out. It can take up to 48 hours for your prescription to be ready to collect.

In Scotland, Wales and Northern Ireland, prescriptions are free for everyone. In England, prescriptions are free for anything related to cancer or its effects. You can apply for a [medical exemption certificate](#) by collecting a form called an FP92A from your GP surgery.

Tips for dealing with medication

- Always take the medicines exactly as they have been prescribed by your doctor.
- Read the information leaflet with the medication. It will include any special instructions and give information about side effects.
- Don't take them if they are out of date. You can check the bottle or packet for an expiry date.
- Keep them in their original bottle or packet where you can clearly read the label. Store them carefully as instructed. This may be at room temperature or in a fridge.
- Keep them somewhere that children cannot see or reach them.
- Return any unused medicines to the pharmacist who provided them. Do not put them in the bin or down the toilet.
- Your local pharmacist can give you advice about medicines. In some Boots stores, there are specially trained [Boots Macmillan Information Pharmacists](#). They can help with prescriptions, answer questions about medication and help you find more information and support.
- A [medication planner](#) is a good way to keep a record of what you need to take and when.
- A blister pack or [pill organiser \(dosette\)](#) arranges your medicines into separate compartments which clearly show the day and time when you should take them. Your GP may be able to organise this. You can also buy your own pill organisers from most pharmacies.
- If you are [travelling](#) or away from home, make sure you have enough medicines for your whole trip.
- If you leave the UK for more than 3 months, you may need a [personal medicines license](#) from the Home Office. This allows you to take certain drugs with you.
- When flying, most liquids in your hand luggage are restricted to 100ml. But if you will need liquid medicine during the flight, there is usually no limit. This includes liquid diets and inhalers. Check with your airline and the airport you are leaving from before you travel.
- If your trip includes a time difference of several hours, you could end up taking your medicines at inconvenient times. It may be easier to change the times you take your medicines gradually to fit in with the local time. Your GP, practice nurse, pharmacist or travel clinic can help you plan how to do this.

Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on be.macmillan.org.uk such as:

- [Help with the cost of cancer](#)
- [Going home from hospital](#)
- [Managing cancer pain](#)
- [Managing cancer pain \(audiobook\)](#)
- [Looking after someone with cancer](#)
- [Travel and cancer.](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit macmillan.org.uk where you can [chat to us online](#).

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

Other useful contact details

- Boots Macmillan Information Pharmacists – visit www.boots.com/health-pharmacy-advice/macmillan
- Home Office drugs licensing unit – visit www.gov.uk/guidance/controlled-drugs-personal-licences

Notes and questions
