

# Staying in hospital?

## Don't forget your green bag!

If you take regular medication it's a good idea to keep it all in a safe, easily-accessible place.

Did you know that you can now get a free green bag to keep all your medicines in?

What's more, if you have to go in to hospital, you can take your green bag with you so that hospital staff will know what medicines you're taking.

This means that during your stay in hospital:

- You can carry on taking your medicines as normal
- Your medicines are given correctly (the right dose at the right time)
- You can take any new medication safely.

**Green bags are available on ambulances and from hospital pharmacies.**

**Don't forget to ask for yours.**

**Important Patient's own Medicines**

Address graph label available

**Patient's Information**  
Please bring all your medicines with you as they may be used as part of your treatment. The Hospital staff looking after you need to see them and it will help to make sure that your treatment is not interrupted. You will be given a supply of all the medicines that you need when you return home.

**The following is to be completed by Hospital Staff**

Patients Name ..... Unit No .....

Date of admission ..... Ward .....

The contents of this bag are awaiting:  
\* Assessment of patient's own medicine for reuse"

Assessed by ..... Date .....

**Ward Staff**  
Please store these medicines in the designated area on the ward for patients own medicines.

**WARNING**  
Please keep bag away from babies and children to avoid risk of suffocation. If this bag is found outside the hospital and it contains medicines please return to your nearest pharmacy.

### Which medicines should go in the bag?

- Tablets and capsules
- Liquid medicines
- Creams and ointments
- Inhalers
- GTN sprays/tablets for angina
- Patches
- Injections
- Any medicines or supplements you are using from the pharmacy, supermarket or herbalist.

# Aros mewn ysbyty?

## Peidiwch ag anghofio eich bag gwyrdd!

Os ydych chi'n cymryd meddyginiaethau'n rheolaidd, mae'n syniad da eu cadw i gyd mewn man diogel lle gallwch gael hyd iddyn nhw'n hawdd.

Ydych chi'n gwybod eich bod chi'n gallu cael bag gwyrdd am ddim i gadw eich holl feddyginiaethau?

Hefyd, os bydd yn rhaid i chi fynd i mewn i ysbyty, gallwch fynd â'ch bag gwyrdd gyda chi er mwyn i staff yr ysbyty wybod pa feddyginiaethau rydych chi'n eu cymryd.

Yn ystod eich arhosiad mewn ysbyty, mae hyn yn golygu:

- Y gallwch barhau i gymryd eich meddyginiaethau fel arfer
- Bod eich meddyginiaethau'n cael eu rhoi yn gywir (y ddos gywir ar yr amser cywir)
- Y gallwch gymryd unrhyw feddyginiaethau newydd yn ddiogel.

**Mae bagiau gwyrdd ar gael mewn ambiwlansys ac o fferyllfeydd ysbytai. Peidiwch ag anghofio gofyn am un.**

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### Pa feddyginiaethau ddylai fynd i'r bag?

- Tabledi a chapsiwlau
- Chwistrellwyr/tabledi GTN ar gyfer angina
- Meddyginiaethau hylifol
- Clytiau
- Hufenau ac eli
- Pigjadau
- Mewnanadlwyr
- Unrhyw feddyginiaethau neu ychwanegiadau rydych chi'n eu defnyddio o'r fferyllfa, archfarchnad neu lysieuidd.