



Medication management during a hospital stay

A hospital stay is not a pleasant experience for anyone, but it can be particularly challenging for people living with Parkinson's.

Being in an unfamiliar place can cause anxiety and disrupt sleeping and eating routines – all of which can worsen Parkinson's symptoms. And although Parkinson's is a common condition there is often a lack of understanding of the disease among hospital staff, especially the importance of medication management.

Here are some tips on ensuring that your medication is administered on time while in hospital:

- 💡 Always let your neurologist know about any impending hospital stays.
- 💡 Keep a list of your current medications on you at all times in your wallet or purse.
- 💡 Immediately upon admission, advise your treating doctor and nursing staff of your medication times. It is also worth asking whether self-administration is possible.
- 💡 If you are using your own medications, make sure that you have enough for the planned duration of your hospital stay – plus extra in case anything unforeseen happens.
- 💡 Even if surgery is required, you must continue to take your Parkinson's medications on time to ensure a good recovery. Ask your neurologist to coordinate with your surgeon and anaesthetist to ensure this happens.

If you are having surgery, it is critical for you and your neurologist to communicate with hospital staff about medications you cannot have. These include:

- 💡 Stemetil (for treatment of nausea)
- 💡 Maxolon (for nausea)
- 💡 Serenace (confusion and anxiety)
- 💡 Neulactil (for anxiety, agitation and confusion)
- 💡 Risperdal (for anxiety, agitation and confusion)

Do you have questions about Parkinson's?

Make a free call to the Parkinson's NSW InfoLine: 1800 644 189