



**Have you had your
weekly medicine
tray changed?**



In Gloucestershire we are trying to ensure that patients get the most appropriate support to be able to safely take their medicines at home.

The local Integrated Care Board (ICB) have recently published updated guidance about this and as a result, your community pharmacist may have re-assessed your needs. This may have resulted in your pharmacist concluding that your weekly medicine tray, also known as a dosette or multi-compartment compliance aid (MCA), is no longer the most suitable support to help you manage your medicines at home.

Weekly medicine trays don't work for everyone, and it can sometimes be safer if they are not used because it can help you manage your medicines yourself and help you to understand your medicines better. For example:

- Weekly medicine trays might not fix problems like forgetting to take your medicines or choosing not to take your medicines.
- Some medicines, like liquids or those kept in the fridge, shouldn't go in a weekly medicine tray and might get forgotten.
- Using weekly medicine trays for a long time can make it harder for you to remember what your medicines are for.
- Learning about your medicines yourself helps you take care of your own health.

There are many benefits to re-assessing your needs and updating the best way to provide support:

- **Better understanding of your medication:** You'll know more about your medicines: why you need them, when to take them, and how they help you.
- **More choice:** You can take some medicines when you need them, not just on a set timetable.
- **Safer to use:** Keeping medicines in their original packaging can prevent errors.
- **Get you more involved:** You'll be helped in making choices about your medicines, which can be better for your health.
- **Less Waste:** Using fewer medication trays means less plastic waste and medicine waste.

After your assessment you may be offered a different solution to help you take your medicines, such as a larger label on the packaging so it is easier to read, bottles with a wing top so it is easier to open, or a sheet with all your medicines listed on and the times they should be taken so it is easier to follow.

If you are still finding it difficult to take your medicines, please discuss this with your pharmacist.



For more information please scan the QR code or visit <https://www.nhsglos.nhs.uk/link/medicines-at-home/>

Concerns or complaints

**Any concerns or complaints should be directed to
NHS Gloucestershire Integrated Care Board Patient
Advice and Liaison Service (PALS) on:**

Freephone - 0800 0151 548

or you can email - glicb.pals@nhs.net