



How to prepare for a hospital admission

The Parkinson's NSW InfoLine receives many enquiries about hospitalisation while living with Parkinson's.

That's not surprising. While Parkinson's is the second most common neurological condition, there is still a lack of understanding about its complexities within the hospital system – particularly around medication.

For a planned admission for surgery, ensure that you have made your surgeon and anaesthetist aware of your Parkinson's diagnosis and medications. Also provide them with contact details for your Neurologist, and make sure he or she is aware of your pending admission.

Have a list of all your medications (including over the counter medications). Keep this list with another critical document: [Medications to be Used with Caution](#).

People with Parkinson's must not have drugs commonly used in pre-medication and for the treatment of nausea – Maxalon® and Stemetil®.

If you are taking Azilect®, Selegiline®, Eldepryl®, or Selgene®, you must not have Pethidine®.

The most common complaint people living with Parkinson's have during a hospital stay is not getting their medication on time, every time.

-  On admission, advise medical and nursing staff of your medication times
-  Ask staff if self-administration is possible
-  Describe your 'on' and 'off' periods

Following your hospital admission – particularly after an extended illness or operation – you may qualify for transitional care. Discuss this with hospital staff.

In the case of an emergency it may be difficult to get the information needed across to medical staff. It is therefore advisable to have an emergency plan.

This may be as simple as keeping on your person a list of all your medications including your over-the-counter medications (ensure you keep this updated). It is also a good idea to have an allergy bracelet referencing Maxalon®, Stemetil®, if on Azilect® etc. Pethidine® may need to be included.

Be aware of the Safety Notice on [Management of Medications for People with Parkinson's](#). Parkinson's medications must not be ceased or suspended during hospitalisation, except under the direction of your Neurologist.

**For further information and personal check list,
make a free call to the Parkinson's NSW InfoLine: 1800 644 189**