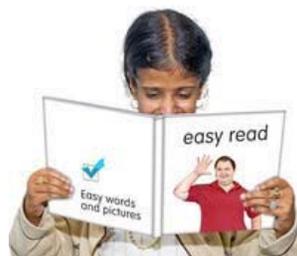


Going into hospital

What you need to know about
your stay in hospital



Easy Read Version





Before you go to hospital

You have a letter to tell you why you need to go to hospital and which ward or department to go to.

Read the letter.



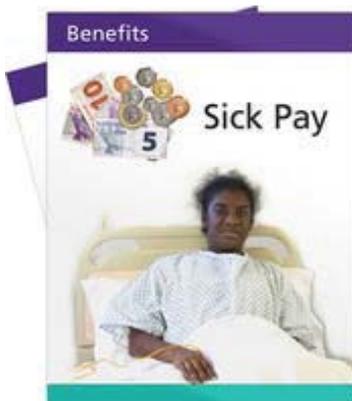
Show it to your family, your carer or your friend.



If you don't understand anything, ask them for help.



Or you can telephone the hospital on the number given in the letter. They will help you.



If you are going to be in hospital for more than a week, make sure the people who pay your benefits know about this.

Your carer or family can help you with this.



What to take with you

- **your letter**
- **phone numbers** of your family and friends
- **any medicines you take** including painkillers, eye drops, herbal remedies or vitamins
- **night clothes** such as pyjamas, slippers and dressing gown
- **wash things** such as soap, shower gel, flannel, comb or brush, shampoo, paper tissues, toothbrush, toothpaste, false teeth and denture cleaner
- **shaving kit** such as razor, shaving foam, after shave
- **walking aids** such as stick, zimmer frame or crutches
- **books or magazines** to read
- **a small amount of money** – just enough for sweets or a newspaper
- **mobile phone**



- **music** such as your own CD player, MP3 player or iPod – but you must bring your own **earphones** as well



- **put all your things in a bag** and when you get to hospital show the nurse what you have in your bag



What you should NOT take with you

- **alcohol**



- **cigarettes** – smoking is not allowed in the hospital



- **food**



- **lots of money**



- **jewellery** is not allowed but you can keep your **wedding ring** on



- **anything you really value** that you wouldn't want to lose, such as a photograph



About the hospital

The hospital is:

- a large building
- a noisy building
- a busy building
- a hot building
- the hospital has different smells



If you need help with anything, the staff are always happy to help you.

Getting to hospital

You can get to the hospital by:



- car
- bus
- taxi
- minibus
- train



or you can ask for an

- **ambulance** if you need one



What to do when you get to hospital

- go to the **reception desk** – they will help you
- if you need a **wheelchair** the person on reception will get you one
- there are **signs** to help you find the right **ward**
- there are **stairs** to the wards
- there are **lifts** to the wards





What to do when you get to your ward

- go to the **reception desk**
- a **nurse** will show you to your **bed**



Some wards are for **women only**

Some wards are for **men only**



The doctors and nurses

- a **nurse** will ask you some **questions**
- a **nurse** will check your
 - weight
 - height
 - temperature
 - pulse and blood pressure
 - urine
- a **doctor** will see you



The doctor will speak to you. This will NOT be your own doctor



The doctor or nurse will ask you questions about how you feel. They may want to look at you to see what is the matter with you.



They may want to give you things to make you better, such as:



- an operation
- injections
- painkillers
- medicines



They will always ask if it is OK to do any of these things.

Tell the doctor or nurse if you are:



- worried
- sad
- happy
- in pain
- tired
- feeling sick
- or if you have any questions





People who work in the hospital
Doctor



Nurse

Doctors and nurses wear different clothes.

They will tell you who they are.



Porters



Cleaners



Physiotherapists



Occupational therapists



Speech and language therapists



All these people will help you.
If you are worried, tell someone.
If you are happy, tell someone.

Things you will find in the hospital



Telephone



Television



Radio



Social workers

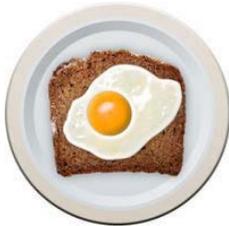


Meals and drinks

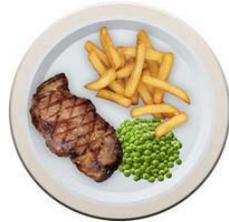
You will be given all your meals.

You can choose what you eat.

You can have a drink at any time.



Breakfast



Lunch



Supper



If there is anything you don't eat or anything you want, please ask the nurse.



Visitors are asked not to visit you while you are eating your meal.



Being on the ward

Carers, family and friends can visit **you** during visiting times

They can also **phone** you



Ask a **nurse** if you need help to:

- go to the **toilet**
- use the **phone**
- arrange a visit from the **hospital chaplain**



Other leaflets in this series:

- About your operation
- Leaving hospital