

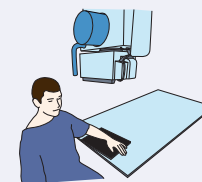
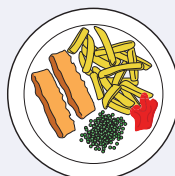
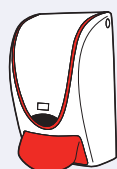
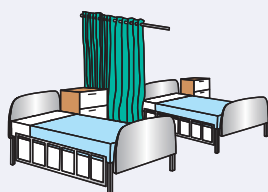
Getting ready for my stay in hospital



Version 3 - June 2019



An Easy Read guide to planning for your stay in hospital



The illustrations above are from **The Hospital Communication Book**.
Sections from the book are free to download and use while you are in hospital.

Go to: www.communicationpeople.co.uk



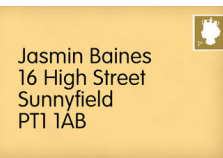
South Tyneside and Sunderland
NHS Foundation Trust

Getting ready for your hospital stay

This booklet will help you get ready for your stay in hospital.

Your support worker or carer should read through this booklet with you.

The hospital will send you a letter



It is important to read this letter with a support worker or carer.

It will have a lot of information about your hospital stay.

Write some of the important information here

The hospital you will be staying in:



The ward you will be staying on:



The ward phone number:



The date and time you will go into hospital:



Things you need to bring to hospital



You should only pack one small bag to bring with you to hospital.

Here are some things you should bring.



You need to bring nightclothes:



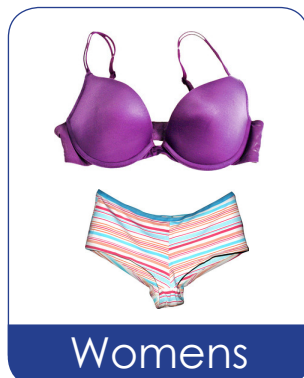
You need to bring comfortable clothes:



You need to bring underwear:



or



You need to bring toiletries:



You need to bring any aids you use:



Your medication and care



The hospital may ask you to stop taking some medicines before you come in for your stay.

It should tell you about this in your letter.

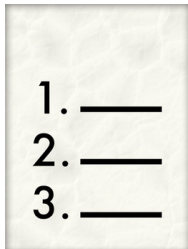
Jasmin Baines
16 High Street
Sunnyfield
PT1 1AB



Medication

Bring any medicines that you need to hospital.

Don't forget to bring medicines like an inhaler that you only need sometimes.



List

Bring an up-to-date medication list to hospital.

This is a list of the medication you take, how often you take it and how much you take.



Care passport

Fill in a care passport and bring it to hospital with you. This tells the hospital staff important things about you.

You can print one off free from the Sunderland Action For Health website.

Go to: www.sunderlandactionforhealth.co.uk
The passport is in the 'Going to Hospital section'.



Looking after your things



There will be a locker next to your hospital bed.

You may be able to lock things in here.

There is not much room in the locker.

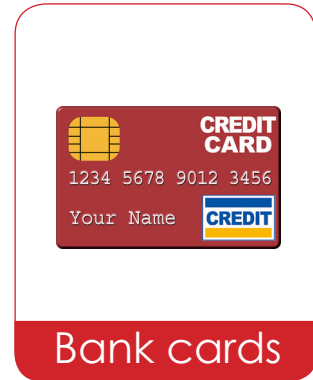
Don't bring anything very valuable to hospital.



Jewellery

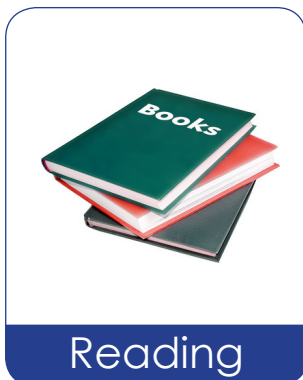


Lots of money



Bank cards

You can bring things to do like:



Reading



Music



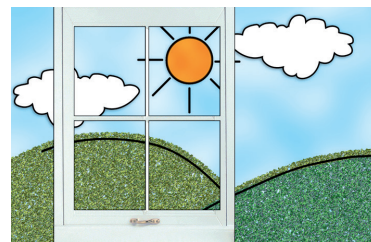
Phone

You need to make sure you keep your things safe.

The day you go into hospital

Most people go to hospital in the morning.

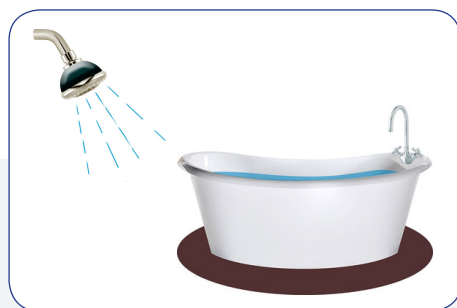
You may be going into hospital on the same day as your operation.



Being clean

SOAP

Make sure you are clean before you go into hospital.



Have a bath or a shower the night before or first thing in the morning.



Remove any make up or nail varnish you have on.

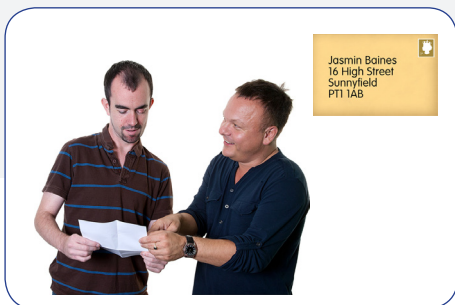


Don't use deodorant or talcum powder on any part of your body you are having an operation on.

Food and drink



You must not eat or drink for a least 6 hours before you come to hospital for an operation.



Read your letter carefully with your support worker or carer.

It will tell you about eating and drinking. It may have other advice.

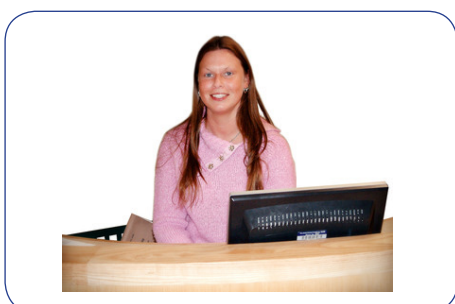
Travel and parking



Plan your journey to hospital.

You will need coins for the parking machine if you are parking a car.

When you get to hospital



When you arrive go to the main reception.

They will tell you how to get to your ward.

When you get to your ward



Most hospital wards have bays with 5 or 6 beds in.



There are some single rooms.



There should only be people the same sex as you in your bay.

Some bays are for women only and some bays are for men only.



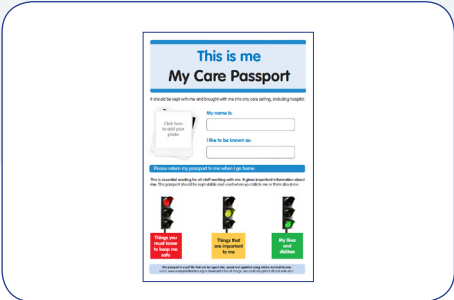
When you get to the ward you will be shown to your bed.

You may need to get changed into a hospital gown.



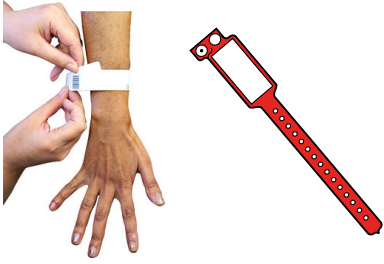
A nurse will ask you some questions and fill in some forms.

Your support worker or carer can help you with the answers.



If you have a care passport you should show it to the nurse.

It will tell them about your allergies and the help you need.



You will be given a white wristband.

If you have any allergies you will also be given a red wristband.

Staying on a hospital ward

You may stay one night in hospital but sometimes you may stay for longer.

You spend a lot of time resting and waiting on the ward.



TV, internet and telephone



There may be a TV, internet and telephone system with your bed.

You may need to pay money to use this.



Mobile phones



There are some areas where you are not allowed to use mobile phones.

Look out for the signs.

Smoking



You will not be allowed to smoke in hospital.

There may be places outside you can smoke.

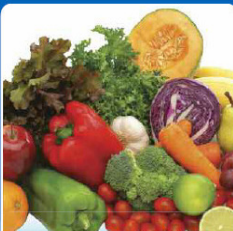
Food and drink



You will have breakfast, lunch and dinner each day unless you are having an operation.

Tell the nurse if you need help with eating and drinking.

Pictorial Menu



You can choose what to have from a menu. You fill this in the day before.

There is a picture menu you can use
Tell the nurse if you need help.



The hospital will have a shop.

You can buy drinks, snacks and magazines there.

Sometimes a trolley comes to the ward selling drinks and snacks.

Visitors



You are usually allowed visitors in the afternoon and the evening.



People who support you should be allowed to visit more often.

They may need to help you to eat, to relax or to communicate.

They may help hospital staff to help you do things like moving around.

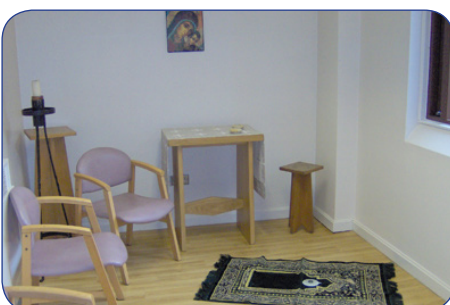
Infection control



Use the hand cleaner when you go in and out of the ward.

Your visitors must use it too.

Religion



The hospital will have a place of worship, like a chapel.

This is for all religions.

The hospital staff



Lots of different staff work in a hospital.

The nurses are the people you will see the most.



Sunderland Royal Hospital has Learning Disability Liaison Nurses.

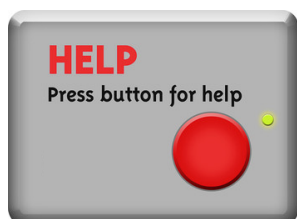
They can give you extra help and help hospital staff understand your needs.

Phone: 0191 5656256 ext 47146
to talk to them



The nurses on your ward will help you. They will check you are okay.

They will bring your medication and help you wash.



There will be a help button next to your bed.

Press this if you are in a lot of pain or need to ask the nurse something.



A doctor will come to see you each day to check how well you are.

They will tell you about any help they will be giving you.

Having treatment

Sometimes you might need to go to a different part of the hospital to have a test or treatment.

This is things like a scan or an x-ray.



It is important to have consent agreed



Your treatment may not happen if consent is not agreed.

Consent is when you understand about the treatment and agree to have it.



easyhealth.org.uk

Easy Read information can help you understand your choices.

Go to www.easyhealth.org.uk to see lots of easy read information.



If you need to go for a test or a scan you will be taken by a porter.

You will be taken in your bed, or in a wheelchair.

Complaints

If you feel you have been treated badly or unfairly you can complain.



Help and Advice Service



Talk to the nurse on your ward or the Help and Advice Service at the hospital.

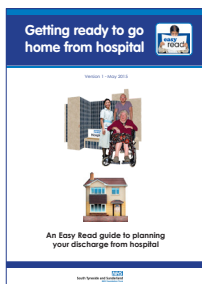
Going home

The doctors and nurses will tell you when you are well enough to go home.



You need to make sure your home is ready for you to go back to.

Other useful 'Getting Ready' factsheets



Getting ready to go home from hospital

Useful information about being discharged

Getting ready for my visit to hospital

Useful information about having tests and treatments at hospital.

Download them free at: www.sunderlandactionforhealth.co.uk

Using this booklet

This factsheet can be downloaded free of charge from our website:

www.sunderlandactionforhealth.co.uk


Sunderland
Clinical Commissioning Group

This factsheet was developed for Sunderland Clinical Commissioning Group by The Learning Disability Liaison Nurse Team based at South Tyneside and Sunderland NHS Foundation Trust.

With thanks to South Tyneside and Sunderland NHS Foundation Trust.


South Tyneside and Sunderland
NHS Foundation Trust

- Easy Pics imagenbank © The Clear Communication People Ltd
- Some photosymbols used - go to www.photosymbols.com

About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment,

Developed from the original factsheet designed by The Clear Communication People Ltd as part of a project funded by The Learning Disability Partnership Board in Surrey.