



## Right information

Let somebody know if you are hypersensitive or allergic to anything.

Contact the healthcare staff if you have any questions about your care or treatment.



## Your medication

Tell us what medication you are taking and why.

It is a good idea to take along an up-to-date list of all the medication you are taking.

Let us know if you are not sure why you take a certain drug or medicine.

Talk to a doctor or pharmacist if you are worried about any of the medication you are taking.



## Protect yourself and others against infection

Do not hesitate to ask staff if they have washed their hands before treating you.

Use hand sanitizer before eating.

Only use the toilet that has been designated to you.

Wash your hands after visiting the bathroom.

Let somebody know if you have vomited or if you have diarrhoea.

Sneeze or cough into your elbow.

Blow your nose into a paper tissue and use hand sanitizer afterwards.



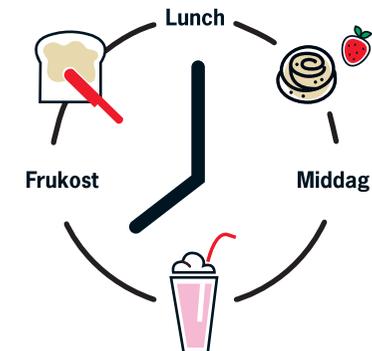
## Prevent weight loss

You may lose your appetite when you are ill. Tell somebody if you experience any involuntary weight loss.

Weight loss can be prevented by choosing the right food and drink.

- Eat often and accept/request snacks.
- Choose fatty dairy products and add fatty products to your sandwiches. Eat eggs for breakfast and drink milk with your meals to get extra protein.
- Let somebody know if you are having difficulties chewing or swallowing.

Certain illnesses may require you to have a special diet; ask the staff for advice.





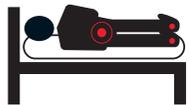
## Prevent falls

Always wear steady shoes that fit well or wear non-slip socks.  
 Ask the staff for help if you feel dizzy or unsteady when you get up to walk.  
 If you often get dizzy, take a moment to sit at the end of the bed, tread your feet and drink some water before getting up.



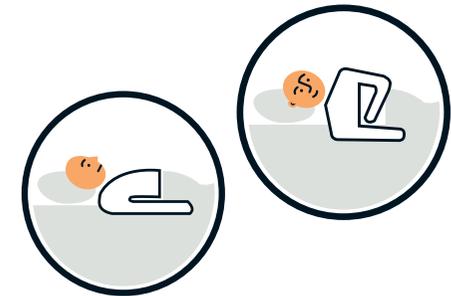
## Prevent blood clots

Move around as often as you can.  
 Wear your compression stockings.  
 Try and practise simple leg and ankle exercises.



## Prevent bedsores

If you can, try and move around in your bed and change position often.  
 Even small position changes can do a lot of good.  
 Let somebody know if you are uncomfortable or if you have any pain, e.g. in your heels.  
 The staff will gladly help you turn over in bed or change your sitting position.



## Time to leave the hospital

Before you leave, make sure you have:

- received your discharge information, including a list of your medication and information about how and why you need to take them
- been told who to contact if you have any questions
- been given information about any follow-up of your care and treatment.

