

Get involved in your care if you can!

- In order to be involved in your care, it is important that you know about your care and treatment.
- You can decide how much you want to know about your care and treatment.
- You are always welcome to have a relative with you when you receive information about your care.



What is important when the time comes to leave the hospital?

- You will get help with removing catheters and cannulas from your body if they should not remain in place when you are discharged.
- You will be given information about your medicines and why you should take them.
- You will be given information about any plans for ongoing care and treatment.
- You will be told who to contact if you have any questions.



Your safety while in hospital

When you are sick and being cared for in hospital, you can be involved in and contribute towards safe care.

Ask us if you have any questions about your care or treatment, or if something doesn't feel right. All your questions are important.

Don't forget to tell us if you are sensitive or allergic to anything.



It is important that we know which medicines you are taking!

- Tell us which medicines you are taking, and why.
- Ask the nurse or doctor if you have any questions about the medicines you are taking.



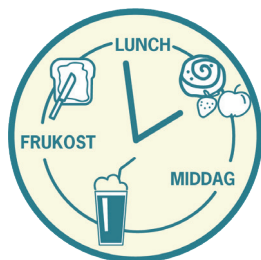
How can you protect yourself and others from infection?

- Use hand sanitiser before eating.
- Wash your hands after using the toilet.
- Tell us if you have any known infections, or if you have vomited or had diarrhoea.
- Sneeze or cough into the crook of your arm, blow your nose into a tissue and use hand sanitiser afterwards.



Food and drink are important when you are sick!

- Let us know if you have a poor appetite, find it hard to eat or feel dry in the mouth.
- Ask us – we can ensure that you get the right food and drink to suit your needs.
- Eat lots of small, nutritious meals instead of a few large ones.
- Choose foods that contain protein if you can't manage a whole portion. Examples of protein-rich foods include eggs, fish, beans and meat.



What can you do to avoid falling over?

- Wear sturdy shoes that fit well.
- If you feel dizzy or unsteady, ask us to help you stand up.
- Use a wheeled walking frame or another walking aid that has been tested for you.
- Sit on the edge of the bed for a while, tread with your feet and drink some water before standing up.
- Ask a physiotherapist which exercises would be good for you.



What can you do to avoid blood clots?

- Move as often as you can.
- Do simple leg and ankle exercises, such as treading with your feet.
- If you usually wear support stockings, ask us if you should wear them now.



What can you do to avoid bedsores?

- If you are lying in bed or sitting still for a long time, move often if you can. Even small movements can make a big difference.
- Ask us for help if you are lying or sitting uncomfortably.
- Let us know if you have any pain, for example in your heels or lower back.

