

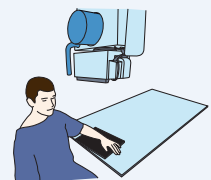
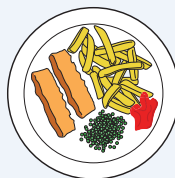
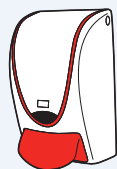
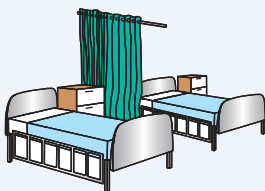
# Getting ready for my stay in hospital



Version 1 - November 2013



## An Easy Read guide to planning for your stay in hospital



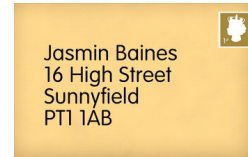
The illustrations above are from The Hospital Communication Book.  
This picture book is free to download and use while you are in hospital.

Go to: [www.communicationpeople.co.uk](http://www.communicationpeople.co.uk)

# Getting ready for your hospital stay

This booklet will help you get ready for your stay in hospital.  
Your supporters should read through this booklet with you.

## The hospital will send you a letter



**It is important to read this letter with a supporter.**

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:



Pyjamas



Slippers



Dressing gown

### You need to bring comfortable clothes:



Jumper



Trousers



T shirt

### You need to bring underwear:



Mens

or



Womens



Socks

## You need to bring toiletries:



Soap / flannel



Toothbrush



Toothpaste



Shaving



Towel



Deodorant

## You need to bring any aids you use:



Glasses



Hearing aid



False teeth



Special shoes



Frame



Stick

## 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.

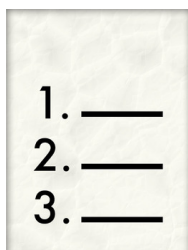
Jasmin Baines  
16 High Street  
Sunnyfield  
PT1 1AB



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 Surrey Health Action website.

**Go to:** [www.surreyhealthaction.org](http://www.surreyhealthaction.org)

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

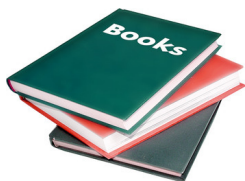


Lots of money



Bank cards

**You can bring things to do like:**



Reading



Music



Phone

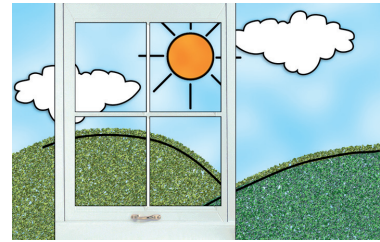
**You need to make sure you keep your things safe.**



# The day you go into hospital

**Most people go to hospital in the morning.**

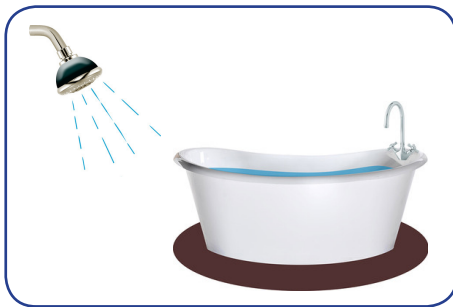
You may be going into hospital on the same day as your operation.



## Being clean



**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.

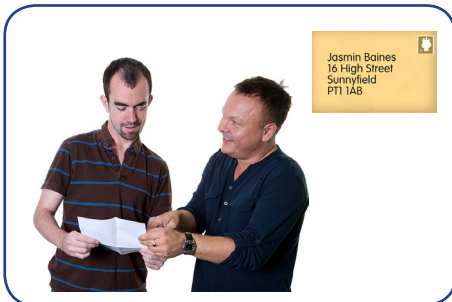


Don't use deodorant or talcum powder on any part of your body you are having an operation on.

## 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 supporter.**

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.

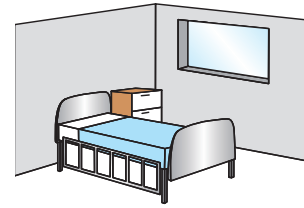


## When you get to your ward



**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.**

If you are a woman there should only be women in your bay.



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

You may need to get changed into a hospital gown.



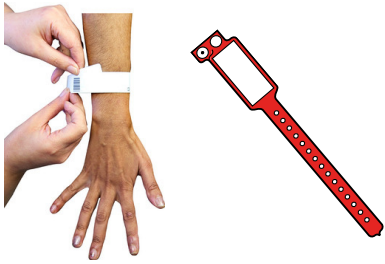
**A nurse will ask you some questions and fill in some forms.**

Your supporter 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 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.**

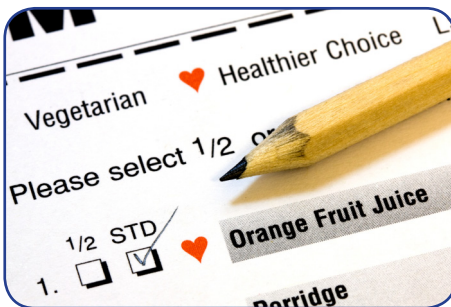
There may be places outside you can smoke.

## 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.



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

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.

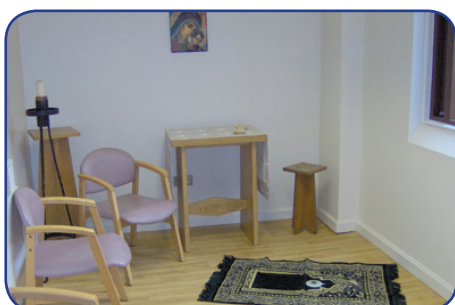
## Infection control



**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.



**Many hospitals have an learning disability acute liaison nurse.**

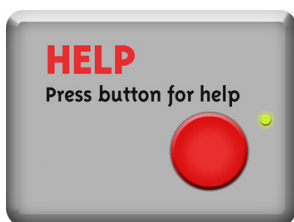
They probably don't wear a uniform.

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



**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.

Our factsheet called 'Making choices about your health' explains about consent. Go to [www.surreyhealthaction.org](http://www.surreyhealthaction.org) to download it.



**easyhealth.org.uk**

**Easy Read information can help you understand your choices.**

Go to [www.easyhealth.org.uk](http://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.



**PALS**  
Patient Advice  
& Liaison Service  
*We're here to help*

Talk to the nurse or the PALS 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.surreyhealthaction.org](http://www.surreyhealthaction.org)

# Using this booklet

This booklet can be downloaded free of charge from [www.surreyhealthaction.org](http://www.surreyhealthaction.org)



## © The Clear Communication People Ltd,

The Clear Communication People Ltd give permission to use this booklet for non-commercial purposes only. You are free to download and print a copy to use with a person you are supporting.



### Please do not:

- Make multiple copies of the booklet - we can supply multiple copies at a reasonable price.
- Use for any commercial purposes.
- Put the booklet on your website or edit or adapt the booklet in any way.

- Easy Pics imagenbank © The Clear Communication People Ltd
- Some photosymbols used - go to [www.photosymbols.com](http://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 and designed by The Clear Communication People Ltd as part of a project funded by The Learning Disability Partnership Board in Surrey.



The **Clear Communication** People Ltd



Go to: [www.communicationpeople.co.uk](http://www.communicationpeople.co.uk) to find out more about our work