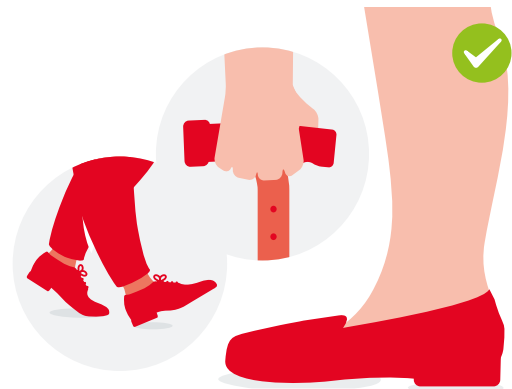




8 simple steps to keep yourself safe during your hospital stay

1 Preventing falls

- Wear laced-up or snug-fitting shoes, or slippers with rubber soles.
- Use your walking aid/s as advised.
- If you need assistance, ask one of our friendly staff.



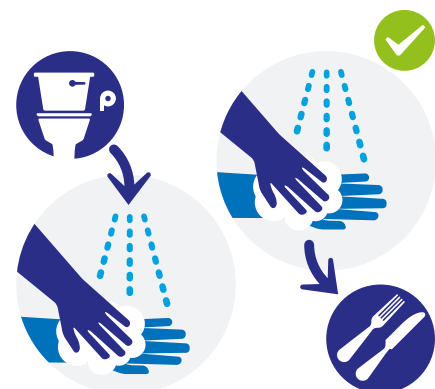
2 Preventing blood clots

- Wear your hospital stockings if advised.
- Try to move as often as you can.
- Try to do simple leg and ankle exercises.
- Drink fluids as recommended.
- Take blood-thinning tablets or injections as advised by your doctor.



3 Preventing infection

- Wash your hands before and after visiting the toilet, and before all meals.
- Don't hesitate to ask our staff if they have washed their hands before having contact with you.
- Tell us if you have diarrhoea or vomiting.



4 Your medication

- Tell us if you have an allergy or you do not understand what your medication is for.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.
- Ask about any possible side effects.
- If your medication changes, e.g. it's shape, colour, talk to your medical team about the reasons for the change.



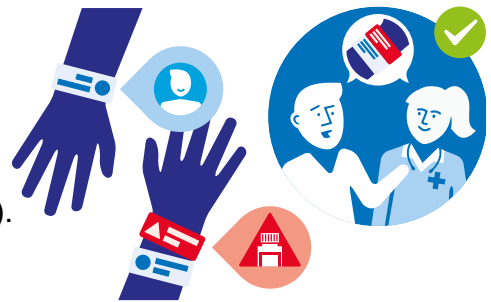
5 Pressure ulcers

- If you can, try to keep mobile – even in bed. Call us if you feel uncomfortable.
- We are happy to help you change position and can provide a special mattress or cushion for support.



6 Identification

- Tell us if any of your personal information is wrong (ID band, address, General Practitioner or next of kin).
- Tell us if you have any allergies and we will give you a red identification band.



7 Any concerns?

- We are here to help you – talk to us if you have any worries or concerns about your treatment.



8 Leaving hospital

Before you leave, make sure you:

- have your discharge letter
- have your medication and it has been explained to you
- know who to contact if you have any questions or concerns
- know when your next appointment is.

