

## 10. Leaving Hospital

Before you leave, please make sure you:

- Have been given your discharge letter if you are having continued community nursing services upon discharge
- Have your medicines and that they have been explained to you
- Know who to contact if you have any questions/concerns
- Know if you need another appointment and when it is



This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net).

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

**NHS**

Great Western Hospitals  
NHS Foundation Trust

## Making your stay with us safe 10 TOP TIPS



Information for patients,  
relatives and carers

Our Values  
Service Teamwork Ambition Respect

### 1. Preventing falls

If you need assistance, just ask.

Is your footwear correct? Wear sturdy, well-fitting shoes or slippers with rubber soles to help grip.

Use your usual walking aids.



### 2. Preventing blood clots

If advised, wear hospital stockings and move as often as you can.

Try and do simple leg and ankle exercises to encourage blood flow.

Drink fluids as recommended.

Take blood-thinning tablets or injections as advised.



### 3. Food and drink

Make sure you eat and drink plenty as this will help you recover more quickly.

If there is nothing on the menu that you like, ask for alternatives.

It is ok for your family to bring in food and drinks that you like, however, we cannot cook or re-heat food.



### 4. Preventing infection

Wash your hands before and after visiting the toilet and also before eating.

Don't hesitate to ask our staff if they have washed their hands.

Tell us if you have diarrhoea or vomiting.



### 5. Your medication

Tell us if you have an allergy to any medication.

If you don't understand what a medicine is for, just ask.

Talk to any doctor, nurse or pharmacist about any concerns you may have.



### 6. Pressure ulcers

If possible keep mobile, even in bed, and let us know if you are uncomfortable.

We are happy to help you change position in or out of bed and can provide a special mattress or cushion if needed.



### 7. Identification

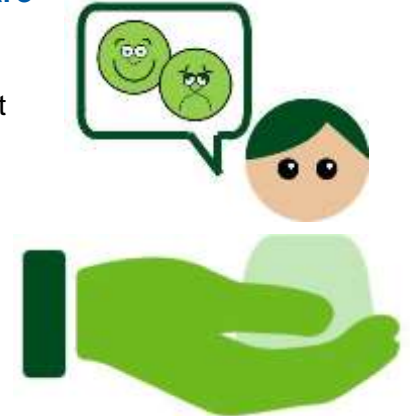
You will be asked to tell us your name and date of birth to ensure we give you the right treatments and medications.

Tell us if any of your personal information is wrong or has changed so we can ensure our records are accurate.



### 8. Your care

We want to make sure you understand what is happening with your care and treatment – please tell us how you feel.



### 9. Any concerns?

We are here to help – please talk to us if you have any worries or concerns about your treatment or what will happen when you leave hospital.

