



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 usual walking aids.
- › If you need assistance, ask one of our friendly staff.



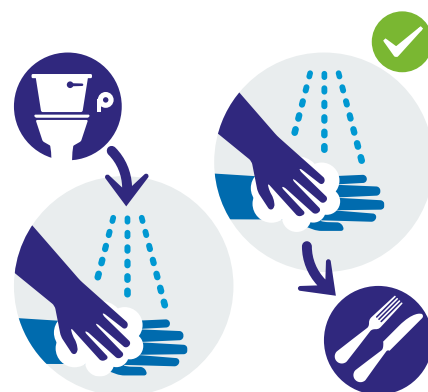
2 Preventing blood clots

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



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.



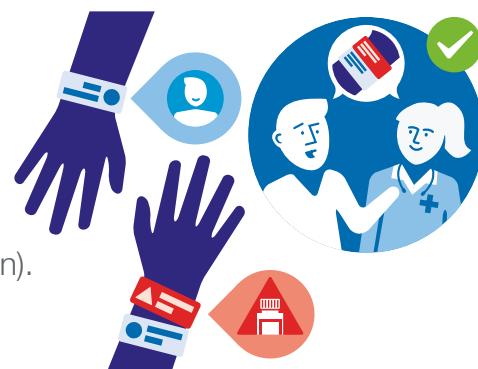
5 Pressure ulcers

- › If you can, try 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 (identification 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's been explained to you.
- › Know who to contact if you have any questions or concerns.
- › Know when your next appointment is.

