

Staying in Hospital



This information will help you to know what will happen when you come into hospital.



You will need to bring some things with you:

- Pyjamas or nightdress
- Slippers
- Dressing gown
- Underwear
- Day clothes
- Toiletries



You might also want to bring:

- Mobile phone/digital screen
- Some money to buy snacks and things from the shop
- Something to do like books and puzzles



If you need them, please also bring:

- Reading glasses
- Walking aids
- Hearing aid
- False teeth
- Any medicines you are taking



Please do not bring:

- Alcohol or cigarettes
- Anything that costs a lot of money like jewellery
- Televisions or radios – we have these

My name is: _____
 I like to be called: _____
 Please add a photograph of yourself here
All About Me
 This book contains key information about me that will be helpful in any health or social care setting.
 Date printed (day): _____
 Please keep this book with me at all times and ensure that I take it home with me.

If you have an **all about me** booklet, please bring that with you

This will give our staff important information about you



When you arrive on the ward a nurse will show you to your bed.



The nurse will show you:

- Where to put your things
- Where the nearest toilet is
- How to ring the bell to call a nurse





The nurse will ask you and whoever supports you some questions.

Your answers will help us to give you the right treatment.



The nurse will put a plastic bracelet on you.

This has important information on it and should be worn all the time you are in hospital.



You will be asked to get undressed behind the curtains and to change into your nightie or pyjamas and dressing gown.



During your stay in hospital you will meet many different people.



All the staff in the hospital wear a name badge.

When they speak to you they should always tell you their name.



Hygiene in hospital:

- Hand gel is supplied for you to use
- The staff who treat you should wash their hands often
- Everyone who visits you should use the hand gel
- Always wash your hands after you have been to the toilet



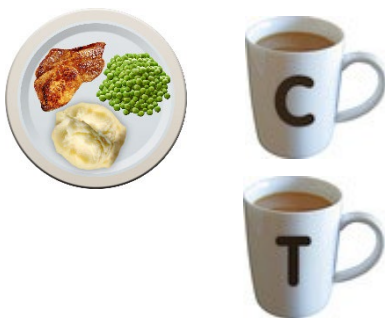
The nurses and doctors will explain everything that happens to you and whoever supports you.

If you don't understand what is happening or you are frightened, please tell someone.

You will be asked to sign a form to say you want to have treatment. This is called the **consent form**.



You will be offered drinks and 3 meals a day.

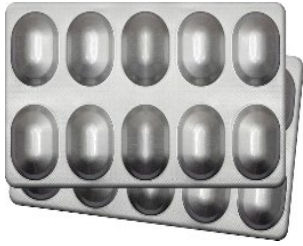


The nurses can help you fill in your menu card to decide what you want to eat the next day.

If you need special food please tell a nurse who will get it for you.

If you need help eating or drinking ask staff to help you.





The nurses will give you tablets if you need them.



If you feel sick or in pain use your call bell for the nurse.

Visiting times



The person supporting you can stay with you so please ask your nurse.

Your friends and other family can visit between 2pm and 8pm every day.

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References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

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