

10. Leaving Hospital

Before you leave, please make sure you:

- Have been given your discharge letter.
- 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.



For a translation of this leaflet or to access this information in another format including:

Large print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital GU16 7UJ	Heatherwood Hospital SL5 7GB	Wexham Park Hospital SL2 4HL
Switchboard: 0300 614 5000		
Website: www.fhft.nhs.uk		

Title of leaflet	Making your stay with us safe 10 TOP TIPS
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Legal notice

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.



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Frimley Health
NHS Foundation Trust

Making your stay with us safe 10 TOP TIPS

Information for patients, relatives and carers



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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.

Food served in the hospital may contain celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites, and tree nuts. Please notify a nurse if you have any food allergies so that a suitable alternative menu can be provided. Please **do not** share food with other patients.



4. Preventing infection

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

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



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

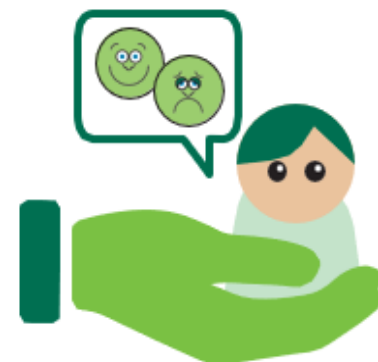
You will be asked to tell us your name and date of birth to ensure we give you the right treatments and medications.

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 - Our Call 4 Concern service helps families escalate concerns of clinical deterioration if they feel they have not been alleviated after first speaking to the nurse in charge and responsible medical team.

You can keep up to date on Twitter #call4concern for more information, or speak to a member of the Rapid Response Team on: **Frimley Park: 07768131445/ Wexham Park: 07887292886**



