

# Making your stay with us safe



# 8 simple steps to keep yourself safe during your stay in hospital.

## Preventing falls



- Wear the red hospital socks, laced up or snug fitting shoes or slippers with rubber soles.
- Use your usual walking aids.
- If you need any assistance, tell us.



## Preventing blood clots



- Wear your hospital stockings if advised and 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.





## Preventing infection

- Wash/decontaminate 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 any contact with you.
- Tell us if you have diarrhoea or vomiting.



## Your medicines

- Tell us if you have an allergy, or if you do not understand what your medicines are for.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.
- Ask about possible side effects.



## Pressure ulcers

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





## Identification

- Tell us if any of your personal information is wrong (ID band, address, GP, next of kin).
- Tell us if you have any allergies.



## Any concerns

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



## Leaving hospital

Before you leave, make sure you:

- Have your discharge letter.
- Have your medicines and they have been explained to you.
- Know who to contact if you have any questions or concerns.
- Know when your next appointment is.



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