Leaving Hospital:

Ask someone to take you home.

Ask them to bring you some clothes.

Make sure you know which medicines to take.
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PALS (Patient Advice and Liaison Service) provide information and support about your hospital visit and help you if you have any concerns.

Ring PALS at:

PALS Gloucestershire Royal Hospital / PALS Cheltenham General Hospital
Telephone: 08454 226831 - 9am - 5pm
Telephone: 0800 953 1367 - Any other time
e-mail: pals.gloucestershirehospitals.glos.nhs.uk

PALS Community
Freephone: 0800 0151 548
e-mail: communitypals@glos.nhs.uk

Their website is: www.palsglos.org.uk
You can:

- Listen to the radio
- Have visitors
- Watch television
- See a chaplain
- Use a telephone
- Choose your own food

Dear Patient,

This booklet tells you about what you need to do and what you need to bring to hospital.

If you have any questions please ring the Health Facilitation Team on: Freephone 0800 019 3346.
The admission letter tells you the date and time to go to hospital.

If you **cannot** come or if you have any questions please **ring** the number on the letter.

You will have:

- A bed and a locker
- You can call a nurse.
Consent:

If you are having an operation the doctor will ask you to sign a consent form.

1. Make sure you know what is going to happen.
2. Ask questions.
3. If you understand and agree, sign the form.

Remember that no-one else can sign the consent form if you are over 18 years old.

If you find it hard to say yes or no or do not understand difficult information a best interest form called a DOH Form 4 should be used.

Ask the nurse for more information.

Fill in the Red, Amber, Green Hospital Assessment before you go into hospital.

It gives hospital staff important information about you.

You can get the forms from the Health Facilitation Team:
Freephone 0800 019 3346.
Please bring:

- pyjamas
- nightgown
- slippers
- dressing gown
- underwear
- underwear
- day clothes
- day clothes

How to get to hospital:

Ask a friend or carer to bring you to hospital.

There is a car park – remember to bring some money.

There is a map on the back of this leaflet to show you the car parks and the hospital.
Do not bring:
- No paper money
- No jewellery
- No coats
- No alcohol
- No cigarettes

Please bring:
- soft shoes
  - or
- flannel
- soap
- toothbrush
- toothpaste
- shampoo
Please bring:

- shaving kit
- 2 towels
- money for phone
- glasses
- hairbrush
- comb
- dentures
- hearing aid
- tissues
- wet wipes
- book
- and
- medicines
- magazine

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Leaflet produced by:

Health Facilitation Team
Learning Disability Services
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Meteor Court
Barnett Way
Barnwood
Gloucester
GL4 3GG

www.2gether.nhs.uk

Freephone: 0800 019 3346

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NHS Foundation Trust

Leaving hospital:

Make sure you know the time and date of your follow-up appointment.

Take all your things home with you.
Make sure there is someone at home to look after you.

If you need any help at home please tell the ward staff.