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.