

Getting ready to have my operation in hospital



An Easy Read guide for patients getting ready to
have their operation in hospital



Getting ready to have my operation in hospital

This booklet will help you get ready to have your operation in hospital. Your carers should read through this booklet with you.

The hospital will send you a letter

It is important to read this letter with your carer.

It will have a lot of information about your hospital stay.

Mrs A Jones
11 North Avenue
Crewe
Cheshire
CW1 5NJ



Write some of the important information here

The hospital you will be staying in:



The ward you will be staying on:



The ward phone number:



The ward visiting times are:



The date and time you will go into hospital:



Things you need to bring to hospital



You should only pack one small bag to bring with you to hospital.



Here are some things you should bring.

You need to bring nightclothes:



Pyjamas



Slippers



Dressing gown

You need to bring comfortable clothes:



Jumper



Trousers



T shirt

You need to bring underwear:



Men

or



Women



Socks

You need to bring toiletries:



Soap / flannel



Toothbrush



Toothpaste



Shaving



Towel



Deodorant

You need to bring any aids you use:



Glasses



Hearing aid



False teeth



Special shoes



Frame



Stick

Your medication and care



The hospital may ask you to stop taking some medicines before you come in for your stay.

It should tell you about this in your letter.

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Medication

Bring any medication that you need to hospital.

Don't forget to bring medicines like an inhaler that you only need sometimes.

My medication list:

1. _____
2. _____
3. _____

List

Bring an up-to-date medication list to hospital.

This is a list of the medication you take, how often you take it and how much you take.



Hospital passport

Fill in a 'Hospital Passport' and bring it to hospital with you. This tells the hospital staff important things about you.

You can print one off free from MCHFT website:

<http://www.mchft.nhs.uk/information-for-patients/hospital-passports/>

Looking after your things

There will be a locker next to your hospital bed.

There is not much room in the locker.



Don't bring anything very valuable to hospital.



Jewellery

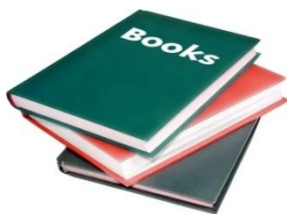


Lots of money



Bank cards

You can bring things to do like:



Reading



Music



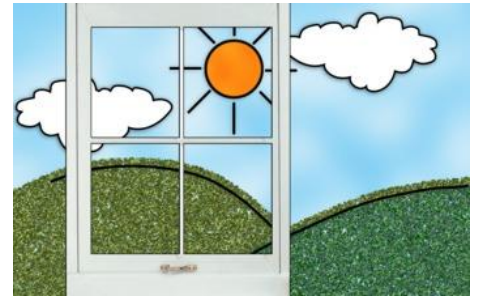
Phone

You need to make sure you keep your things safe.

The day you go into hospital

Most people go to hospital in the morning.

You may be going into hospital on the same day as your operation.



Have a bath or a shower the night before or first thing in the morning.



Remove any make up or nail varnish you have on.

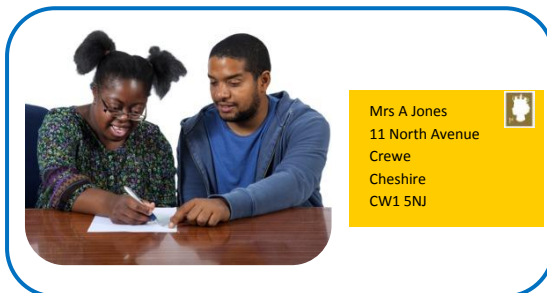


Don't use deodorant or talcum powder on any part of your body you are having an operation on.

Food and drink



You must not eat or drink for at least 6 hours before you come to hospital for an operation.



Read your letter carefully with your carer.

It will tell you about eating and drinking. It may have other advice.

Travel and parking



Plan your journey to hospital.

You or your carer will need coins for the parking machine if you are parking a car.

When you get into hospital

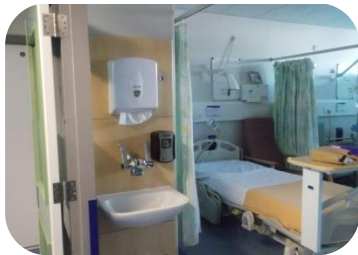


When you arrive go to the reception in the main entrance.

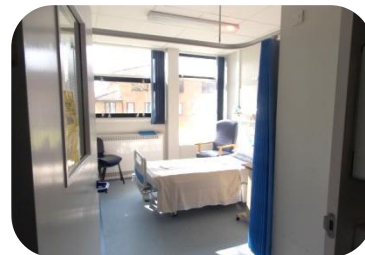
They will tell you how to get to your ward.

When you get to your ward

Most hospital wards have bays with 6 beds in.



There are some single rooms.



There should only be people the same sex as you in your bay.

If you are a woman there should only be women in your bay.



When you get to the ward you will be shown to your bed.

You may need to get changed into a hospital gown. You may need to have a name band put on your wrist.



A nurse will ask you some questions and fill in some forms.

Your carer can help you with the answers.

A photograph of a hospital passport form. The form is titled "Information about ME to help YOU" and is for people with learning disabilities and other vulnerable people. It has a section for "Name" and a section for "Things you need to know about me". There are also sections for "Things which are important to me" and "My likes and dislikes". The form is from Leighton Hospital.

If you have a hospital passport you should show it to the nurse.

It will tell them about your allergies and the help you need.

Staying on a hospital ward

You may stay one night in hospital but sometimes you may stay for longer.

You spend a lot of time resting and waiting on the ward.



TV and telephone



There may be a TV and telephone system with your bed.

You pay money to use this.



There are some areas where you are not allowed to use mobile phones.

Look out for these signs.

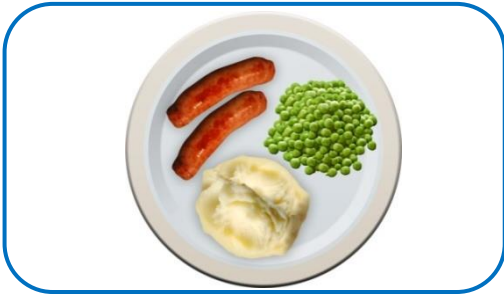
Smoking



You will not be allowed to smoke in hospital.

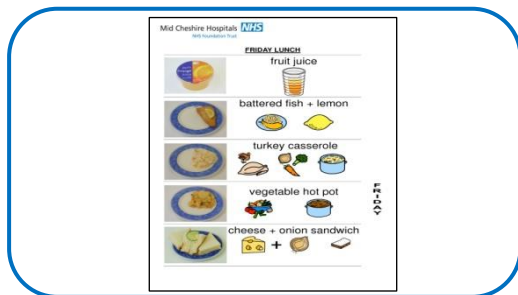
There may be places outside you can smoke.

Food and drink



You will have a breakfast, lunch and dinner each day unless you are having an operation.

Tell the nurse if you need help eating and drinking.



You can choose what to have from a menu.

Tell the nurse if you need help.



The hospital has a shop.

You can buy drinks, snacks and magazines there.

A trolley comes to the ward selling drinks and snacks.

Carers / visitors



Please ask the ward about when you can have visitors.

People who care for you should be allowed to visit more often.

They may need to help you to eat, to relax or to communicate.

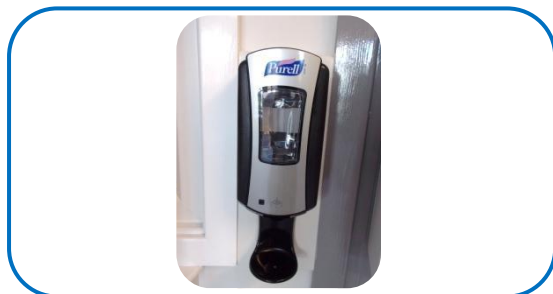
They will be able to help the hospital staff understand your likes and dislikes

Carers' Charter



Make sure your carers have read our Carer's Charter and know how to access our Carer's Factsheet (see back of this booklet).

Infection control



Wash your hands and use the hand gel when you go in and out of the ward.

Your visitors must use it too.

Easy Read information



We have lots of easy read leaflets about different operations.

Please ask the nurse if you would like to see one.

The hospital staff

Lots of different staff work in the hospital.

The nurses are the people you will see the most.



The Trust has a Dignity Matron.

They can give you extra help. They help hospital staff understand your needs.



The nurses on your ward will help you. They will check you are okay.

They will bring your medication and help you wash.



There will be a call bell next to your bed.

Press this if you need to ask the nurse for pain relief or help with something.



A doctor will come to see you each day to check how well you are.

They will tell you about any help they will be giving you.

Having treatment

Sometimes you might need to go to a different part of the hospital to have a test or treatment, such as a scan or an x-ray.

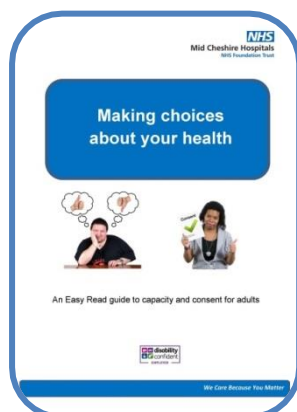


Consent



Consent is when you understand about the treatment and agree to have it.

Your treatment may not happen if consent is not agreed.



There is an easy read leaflet called **‘Making choices about your health’** explains about consent and is available on the ward.



If you need to go for a test or a scan you will be taken by a porter.

You will be taken in your bed, or in a wheelchair.

Complaints

If you feel you have been treated badly or unfairly you can complain.



Talk to the nurse or the Customer Care Team at the hospital.

There is an easy read leaflet called **‘Tell us what you think’** which is available on your ward.

Going home



The doctors and nurses will tell you when you are well enough to go home.

You need to make sure your home is ready for you to go back to.



There is an easy read leaflet called **‘Getting ready to go home from hospital’** which is available on the ward.

Mid Cheshire Hospitals NHS Foundation Trust would like to thank The Clear Communication People Ltd for their permission to use the information in this booklet.