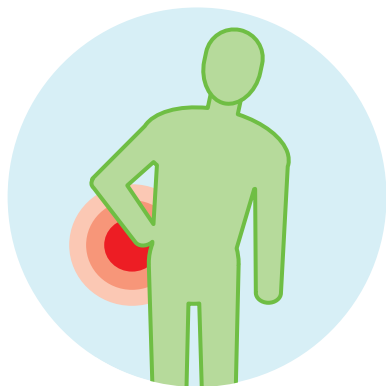


# Making your stay with us safe



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

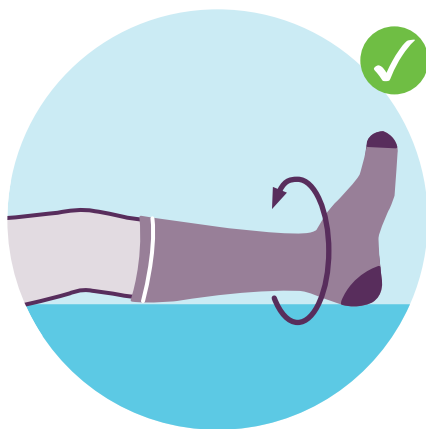
## 1 Preventing falls

- 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.



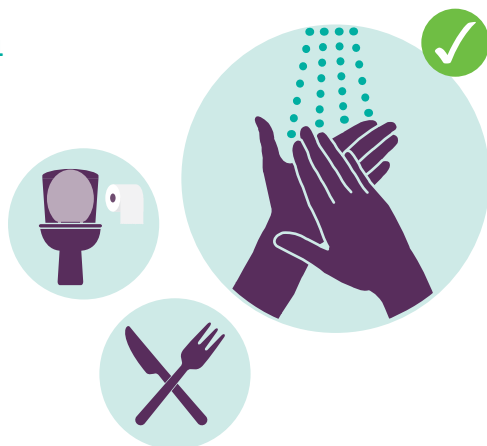
## 2 Preventing blood clots

- Wear your hospital stockings if advised, let staff know if these are hurting or causing pain.
- Remove them everyday.
- Move as often as you can and try to do simple leg exercises.
- Drink fluids as recommended.
- Take blood-thinning tablets or injections as advised.



### 3 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.
- Tell us if you have diarrhoea or vomiting.



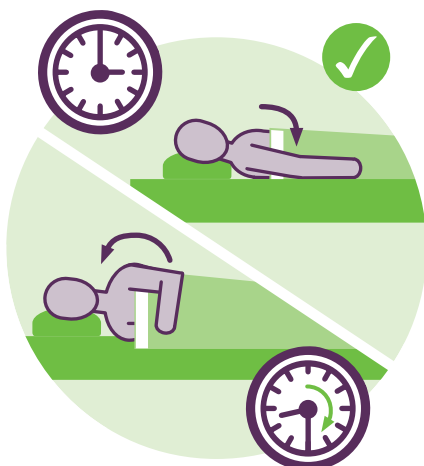
### 4 Your medicines

- 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.



### 5 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.



## 6 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 and we will give you a red ID band.



## 7 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.



## 8 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.



Based on patient information originally developed by Guy's and St Thomas' NHS Foundation Trust.

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