

This is a leaflet about going into hospital

The leaflet tells you

- what you need to know before you go into hospital
- what the hospital needs to know about you
- what you need to take with you for your stay
- what to do when you arrive at the hospital
- some of the things you can do in hospital
- what happens when it is time to go home

The guide was produced by the Royal Free Hospital and Camden Learning Disabilities Service in consultation with people with learning disabilities .



July 2005



**going into hospital**

## What I need to know before I go into hospital



- when am I going?

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- why am I going?

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- where am I going?

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- who can I talk to about this?

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## What the hospital needs to know about me

- the name and address of my GP



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- the different medicines I take



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- how I communicate



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- how I like people to communicate with me



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## What I need to take with me



- pyjamas or nightie



- slippers



- flannel and towel



- toothbrush and toothpaste



- shaving stuff



- soap and shampoo



- some money for the shop



- books, magazines



- music, things to do



- any tablets I take



- my letter from the hospital



- the name of my GP

## When I arrive at the hospital



- go to reception



- show them my letter



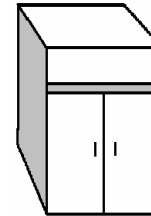
- they will help me find my ward



- I can meet the nurses



- unpack



- put my things away

## While I'm in hospital I can...



- choose meals from the menu



- buy things from the shop



- have my own telephone



- have my own TV



- ask for help if I need it



- have visitors



- ask people to listen

## When I leave hospital



- they will tell my carer



- they will tell my GP



- someone will pick me up



- I will pack my things



- the hospital will make sure I have any tablets or medicine that I need to take