

This is a leaflet about going into hospital

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

This guide was produced by the Hillingdon Hospital in consultation with people with learning disabilities.

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Going into hospital



What I need to know before I go into hospital



- when am I going?



- why am I going?



- where am I going?



- who can I talk to about this?

What the hospital needs to know about me

- the name and address of my GP



- the different medicines I take



- how I communicate



- how I like people to communicate with me



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



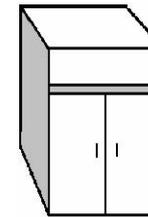
- they will help me find my ward



- I can meet the nurses



- put my things away



- unpack

While I'm in hospital I can...



- choose meals from the menu



- have visitors



- buy things from the shop



- Ask people to listen



- have my own telephone

- have my own TV



- ask for help if I need it

When I leave hospital



- They will tell my carer



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



- They will tell my GP



- Someone will pick me up



- I will pack my things