



*Better
Together*

Patient information

Discharge Booklet

Surgical Division Royal Liverpool Hospital and Broadgreen Hospital

Nursing staff please complete page 3, 5, 6, 7, 8, 9 and 14.

Name.....

Address.....

.....

Unit number.....

Date you came into hospital.....

Expected date of discharge.....

Welcome to ward

The Ward Manager is.....

Ward phone number

This booklet gives some basic advice to help you to continue a good recovery at home. The information is general so you may need to ask the ward staff specific advice.

If you have any worries or questions about your discharge, please speak to a member of your nursing team.

There is space at the back for you and your family to make notes or write down questions you may want to ask staff before you go home.

This booklet contains important information for patients and carers, which we hope will be helpful when you leave hospital. Please keep this safe and we will add information to it throughout your stay.

- If you change wards, please take this booklet with you. One reason for changing wards is that you may be admitted to, or spend time on, a ward that does not specialise in your condition. You will then move to the ward you need to be on when a bed becomes available.
- If you see any difficulties relating to your discharge, please tell the nurse who is looking after you as soon as possible after your admission.
- If you need a sick note, please ask the ward staff for one.

On the morning of your discharge, you may be transferred to the Discharge Suite. This is to allow beds on the wards to be used for new patients. You can wait here for your own transport or ambulance.

The nurses on the Discharge Suite will also give you your medication to take home if you have not already been given it.

If family or friends are collecting you, make sure you or they have a key and are able to get into your house.

Before you go home

The nurses and doctors will keep you fully informed of your progress but if you have any questions please ask. If during your stay you have not seen your Consultant and you wish to do so, this can be arranged. In the absence of the Consultant a Senior Member of the consultant's team will speak to you.

Day of consultant ward round..... (am/pm)

Going Home

Name of Consultant.....

Reason for being in hospital.....

Name of operation (if applicable)

Date of operation

Your Outpatient Appointment

Will be sent by post ☐

Not needed ☐

Given on discharge ☐

Date.....Clinic.....

Other appointments

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Medicines

Before you go home, you will be given a supply of your medicines. Your nurse will give you a list of these medicines. We will also send a list to your GP. This will have any new medicines or changes to your medication on it. **A nurse or doctor will explain your tablets to you.** A letter will be sent to your GP giving information about your treatment and future care needs.

List of your take home medicines (or TTO slip – nurse to attach)

Your surgical wound (if you have one)

It is important to remember that it can take up to a year after your stitches are taken out for the tissue surrounding your wound to heal fully. Itchiness and aching underneath your scar is normal.

Things to look out for:

- Swelling
- Redness
- Bleeding/leaking
- Nasty smell

Contact your family doctor (GP) or attend a walk-in centre if any of these happen.

If you have gone home with clips or stitches in your wound, they will be removed by your district nurse. This normally done in a treatment centre in your area.

Your district nurse appointment is onat

Attend your local walk-in centre on.....

Contact number for your treatment centre is.....

Your district nurse contact number is

District/Practice nurse slip (nurse to attach)

Specialist Nurses

When in hospital you may have been seen by nurses who have a great deal of experience and knowledge about your surgery or treatment. They will have worked closely with your doctors. The Specialist Nurse may also see you after you are discharged.

Your specialist nurse/key worker is/are

.....

Contact no.....

Next appointment.....

Social Services

(To be completed by Social worker, Case Manager and/or Occupational Therapist.)

On this admission the following services have been arranged for you for when you go home:

Home help ☐ start date.....

Home Care ☐ start date

Meals on wheels ☐ start date.....

Aids and equipment ☐ delivery date.....

Items.....

Your Social Worker isContact number.....

Your Occupational Therapist is..... Contact number.....

Your Physiotherapist is.....
Contact number.....

Other useful numbers.....

If you are given any equipment or aids to use at home, please make sure you return them when you no longer need them so they can be used for another patient.

Leaving hospital

Do not worry; it is normal to feel tired after being in hospital. It is important to make sure you have a rest during the day and slowly your strength will return.

After being in hospital, you may have some questions to ask about what happens when you get home especially if you have had an operation. Your doctor or nurse may have answered some of these questions. Here are some of the most frequently asked questions asked by our patients. If you have any worries, do not be afraid to ask for advice.

If you smoke, try to stop. Stopping smoking will help avoid things going wrong and can help wound healing after an operation.

If you would like help and support to stop smoking please contact **Fag Ends** on free phone:
Tel: 0800 195 2131.

If you have had swabs taken to test for infection, we will let your family doctor know the results. Your family doctor will contact you if you need any treatment.

Q. Can I have a shower or bath if I have a wound?

A Yes, depending on the type of operation you have had.

Your doctor or nurse will advise you if you cannot bathe or shower.

In hospital, wounds are kept covered to prevent infection. You will be sent home with your wound covered, as it will prevent your clothes from rubbing on it.

Dressings should be kept as clean and dry as possible. Do not use perfumed soaps, talcum powder or lotions near your wound. You will be given dressings to take home with you. If necessary, you will be given an appointment with your district nurse or practice nurse.

Q. When will my stitches or clips be taken out?

A. These are usually taken out 10 to 14 days after your operation. Your doctor or nurse may remove the clips or stitches over two days. If you go home with your stitches/clips still in place, we will arrange for these to be removed. Some stitches dissolve. You will be told if you do not need your stitches taking out.

Q. What should I eat?

A. Everyone should follow a healthy diet (unless you have been told otherwise).

This means eating lots of fruit, vegetables, salads and cutting down on sugary fatty foods such as cakes biscuits and crisps. Eat small meals often if you find it difficult to eat usual sized portions.

If you have been asked to follow a special diet, you will have seen a dietician and may have an outpatient appointment to see them again.

Q. When can I begin exercise or housework?

A. This will depend on why you have been in hospital. Sometimes this may be immediately but your doctor / nurse or therapist will advise you what is suitable for you. Remember, it is usual to feel more tired than usual after you have been in hospital. Take things easy and build up light exercise or housework gradually. If at any time it hurts, slow down and stop. Avoid strenuous exercise such as lifting and heavy gardening. If you are usually very active, speak to your doctor, nurse or therapist before restarting an exercise regime.

Q. When can I have sexual relations again?

A. Take things slowly at first. If at any point it hurts stop. If you have any pain or discomfort during intercourse speak to your GP for further advice. If you normally use the contraceptive pill check with your doctor that it is safe to start taking again.

If you are using the contraceptive pill and are taking antibiotics, please use an extra form of contraceptive or ask for advice from your GP or family planning clinic.

Q. When can I start work?

A. This depends on the operation you have had. Your doctors will advise you of this.

You can collect a sick note from the nursing staff to show you have been in hospital and your family doctor will give you any further sick notes.

Q. What if something isn't 'right' what warning signs should I look for?

A. If you have any of the following please inform your family doctor immediately:

- Red swollen painful calves.
- Breathlessness
- Increased pain
- Vomiting or diarrhea
- Difficulty in passing urine.

Q. What if I need help after hours?

A. You can contact NHS direct 24 hours a day
Tel: 0845 4647

There will be a trained nurse available who will be able to advise you.

NHS walk-in clinics are open until 10pm and trained members of staff are available to help and advise you.

Further advice / instructions (to be completed before discharge)

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Patient / Carer Notes

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Author: Surgical Division Royal Liverpool Hospital and Broadgreen Hospital
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.