

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Food and Nutrition during your Hospital Stay

Introduction

Good nutrition is vital to your health. Making sure that you are eating enough and following a balanced diet is an important part of your hospital stay and can help to minimise tiredness, reduce risk of infection, and reduce the length of your hospital stay.

Nutrition at Aintree

This hospital has a nutritional screening programme in place for all patients.

This can help to identify anyone who is underweight (undernourished), not eating enough, or at risk of becoming undernourished.

You will be screened on admission to hospital. This means that you should be weighed on arrival to the ward and asked about your appetite, usual weight and height.

This process should be repeated weekly during your admission.

If screening shows that help is needed with your nutrition, you may be offered extra nourishing drinks or snacks.

You may also be referred to a Dietitian for individual assessment and support. If required, you may be prescribed oral nutritional supplement drinks.

If you have any concerns about your nutritional care or feel you have lost weight or you have lost your appetite, please speak to a member of nursing staff.

Special Diets

Please inform nursing staff if you have special dietary requirements not catered for on the standard menu, such as gluten-free and Halal meals.

We will try to accommodate most dietary requirements.

If you are following a special diet and require more information you may request to see a Dietitian for individual advice.

Mealtimes

Mealtimes are an important part of the day. This hospital has a 'Protected Mealtimes' policy meaning you should not be interrupted during mealtimes, unless it is essential.

Always inform nursing staff if you feel your mealtimes are disturbed or if you need more time to eat.

If you miss a meal due to an investigation or procedure, please speak to nursing staff who can arrange food for when you return.

Relatives or friends may bring food and drinks that can be served cold. Please note that wards do not have facilities available to reheat food.

Snacks

Snacks are available upon request. Please speak to a member of nursing staff who would be happy to provide you with any of these:

- Cheese and crackers
- Yogurts
- Biscuits

Helping you to eat and drink

When someone is unwell it is not unusual to have difficulty eating and drinking well and assistance may be required. Staff on your ward will be happy to offer their assistance when you need it.

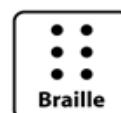
Always let staff know if you need help to eat and drink.

Relatives or friends may also attend the ward to help you at mealtimes if agreed with nursing staff.

Following discharge from hospital

Following discharge from hospital, if you require further advice relating to your diet please contact your GP who can refer you for assessment by a community Dietitian.

If you were prescribed oral nutritional supplements in hospital and feel that these may still be required, please contact your GP.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk