

In-patient advice

Introduction

If you are going to be admitted to hospital and need to stay overnight or longer then you are known as an “in-patient”. A hospital stay of 1 to 3 nights is called “short stay”; a stay longer than this is called “long stay”.

This leaflet will help you prepare for your stay at our hospitals and summarises information available on our website here:

www.leicestershospitals.nhs.uk/patients/preparing-for-your-visit/inpatients/

Preparing for your stay

A few days before you are due to come to hospital please read your admission letter. This letter will give you details of when you should come to hospital, which hospital and ward to go to, what you should bring with you and any specific instructions for you to do in the coming days.

Please follow the instructions on your admission letter, remembering not to eat or drink before your operation in the timescales requested. It is unwise to smoke or drink alcohol for at least 2 days before your operation if you are having an anaesthetic.

In the 3 days before your operation please call the number on your admission letter for advice, if you have

- a cough,
- cold,
- high temperature,
- or are concerned you may have been in contact with a virus like COVID or seasonal flu or an infection such as chickenpox, measles, mumps or rubella.

Please can you, and any visitors, see the following advice to make sure you, other patients and any visitors remain safe:

Directions:

www.leicestershospitals.nhs.uk/patients/getting-to-hospital/

Preventing Infections:

www.leicestershospitals.nhs.uk/patients/patient-welfare/infection-prevention/

My Planned Care Patient Information Platform

Information for Carers:

www.leicestershospitals.nhs.uk/patients/patient-welfare/carer-information/

Information for patients, carers and visitors:

[Your Stay Guide](#)

[Your Bed Book](#)

www.leicestershospitals.nhs.uk/patients/visitors-information/useful-guide-for-visitors/

On the day of your visit

Sometimes pressures in the hospital mean we have to cancel operations at short notice. On the day of your operation, call the number on your admission letter to check your operation is taking place, before you start your journey.

Your admission letter will provide information on your procedure and expected length of stay along with any specific requirements.

Before you travel, please:

- Ensure you have your admission letter with you.
- Bring any medication you are taking.
- Bath or shower on the morning of your operation – take off all make-up and nail varnish
- Bring a dressing gown, slippers, toothbrush, toothpaste, a hand towel and enough underwear for your expected length of stay.
- Bring your glasses, contact lenses (including your storage and cleaning solutions) and, where used, your hearing aids with spare batteries, your dentures with storage pot and cleaner etc.
- Pack a suitable set of clothes for your journey home including comfortable shoes and socks.

Please do not bring large amounts of money, jewellery or valuables with you. We are not able to look after your items. We will not accept liability for loss or damage to your property and belongings unless they have been handed over for safe-keeping and a receipt issued. Such items will not be kept on your ward and will not be immediately accessible.

It is a good idea to label all your belongings clearly with your name before you arrive.

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During your stay

We understand that you may be nervous about your operation and stay. All our staff are here to help and want to make your stay as pleasant and comfortable as possible. If you have any questions or concerns at any time during your stay, please do not hesitate to speak to a member of staff; the following questions may be useful to ask:

- What is the matter with me?
- What is going to happen today?
- What is needed today to get me home?
- When will I be going home?

We encourage all patients to get dressed and move around as soon as they can. Being able to wear your own clothes and return to doing simple tasks for yourself will help you to prevent muscle loss, aid your recovery and reduce the length of time it takes for you to recover from your operation.

Please ask relatives, carers and friends visiting you to help you by:

- Bringing in more clothing or footwear you need and taking your dirty laundry home to clean for you.
- Replacing used or forgotten toiletries.
- Books etc for your entertainment and wellbeing

Going home

Staff will help you to plan your journey home, arrange more services needed to support your recovery and provide you with advice on how to take care of yourself. All patients are expected to have arrangements in place for their transport home – this can be a relative, friend or by private taxi. Staff can give you contact details for local taxi firms if you need them; we do not recommend using public transport.

Before you leave hospital, it may help to think through the following with family and friends:

- Will you need food supplies for when you get home and who could help with the shopping while you recover?
- Will you or your carer need some extra help and who could give this to you?

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- If you live alone, can someone check your home is ready for your return? Is there someone that could stay with you for 24 hours?

If you are loaned crutches, a walking aid or wheelchair to aid your recovery, please ensure these are returned to the Outpatient Department when you have finished with them.

Guidance for patients

More information about your procedure will have been sent with your admission letter and is also available on the My Planned Care platform and our local website

(<https://www.leicestershospitals.nhs.uk/patients/>)

If you do not have your admission letter and cannot find the direct number for the team managing your care, please use the contact details below and our staff will try to help you speak to the right people.

Contact Us

Booking Centre: [0300 303 1563](tel:03003031563) (open Monday-Friday 8am to 5pm excluding bank holidays)

Booking Centre Email: bookingcentre@uhl-tr.nhs.uk

Switchboard: [0300 303 1573](tel:03003031573)