

## Patient information

# Discharge home - helpful hints for when you go home

You are being discharged from hospital following treatment for:

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The medical staff involved in your care no longer feel you need hospital care. You will be referred back to your GP for ongoing care if you require it.

In all circumstances your GP will be notified of your discharge and receive a summary of your hospital admission. In addition you will receive a letter outlining your hospital treatment to give to your GP practice.

If during your stay you required assessment or treatment from other professionals such as physiotherapists or occupational therapists, all assessments and treatments will be complete before your discharge. Any equipment and aids to assist you home will be organized in time for your discharge.

### **Medication**

If you have been prescribed medication you will find information about the drug and any related side effects in the manufacturer's insert inside the box.

If you do require medication on discharge the hospital pharmacy department will ensure you have a 28 day supply of medication ready to take home.

## Special instructions or advice

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## Practice and District Nurse

If you require treatment from a district or practice nurse, the ward staff will inform you of this and arrange it at the time of discharge. If you have not been informed already, the district nursing team will call you at home to inform you of the day and time they will visit.

Ward staff or specialist nurses (if involved with your care) will provide information or advice on your condition and what to do when you get home.

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## Follow up

Not all patients require an outpatient follow up appointment. On discharge ward staff will notify you if you require an appointment and confirmation will be posted to you.

If you have any worries or concerns within the first 24/48 hours of leaving hospital please contact your GP or GP Out-of-Hours service in the first instance. In an emergency please contact 999.

Consultant: \_\_\_\_\_

Telephone: \_\_\_\_\_

## Useful contacts for practical help post discharge

- **Age UK Suffolk** – information for those over 60 including help with shopping, cleaning, alarm call button. Telephone 01284 757750
- **Age UK Suffolk Welcome Home Service** at West Suffolk Hospital: Telephone 01284 712942
- **Suffolk Careline** – 24hour monitoring and emergency visiting response: Telephone 0845 600 7724
- **Suffolk Family Carers** – for all issues concerning caring for someone at home: Telephone 0844 225 3099
- **Suffolk Circle** - a membership organisation offering practical help and a social calendar: Telephone 0800 112 3446

## Medical concerns

If you have any medical concerns, contact the ward, your GP or if you would like to discuss your concerns with a qualified practitioner call NHS111.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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