



## Welcome to Ward F3

**Ward F3 looks after children from 0-16 years of age.**

Some of the children come to F3 to have an operation and some children come to have a scan or be given some medicine. F3 has 26 beds.

### How do I find F3?

You can find F3 by coming through the main entrance and walking past the hairdressers. Cross straight over the crossroads to the lifts. Use the lifts to go to level 3. Turn left out of the lifts and follow the corridor to F3. When you get to the door, press the bell and the nurses will ask you who you are and then let you in.

### Where am I going to be sleeping/having my treatment?

When you arrive you may be asked to wait in the play room or you will be shown to a bed where you will be able to get comfy and put some of your things in the cupboard to keep them tidy. Please look after all of your belongings as the nurses are not able to look after anything for you.

### Can I have visitors?

Your mum and dad and other visitors will be able to visit you at any time during your stay. As there is not much space next to the beds, only two people are allowed to visit you in your bed at one time. If your mum, dad or other visitor is poorly they will be asked to go home.

### Who will be looking after me?

You will be looked after by a nurse who will make sure that you have everything you need and tell you what is going to happen. The nurse will take your temperature, heart rate, breathing rate and oxygen levels every few hours and make a record. They will also take your weight to see how much you weigh, and your height to see how well you are growing.



# 6-10 year-olds Hospital guide.

## What do I do if I get hungry?

When you are able to eat, the nurse will be able to give you a choice of food including a sandwich, crisps, biscuits, yoghurt, cereal or toast. If you have stayed with us overnight you will get a hot meal.

If you have a special diet, for example you do not eat meat, then let the nurses know as soon as you get into hospital so they can make sure a meal is prepared for you.

## What things can I do to stop from getting bored?

There is a TV by your bed which is free to use. The TV also has radio stations so you could sit and listen to some music whilst you are in bed.

There is a play room on the ward for you to spend some time in if you want to.

The play room has games consoles in as well as some toys and games for you to play.

There is a play specialist on the ward who will be able to find some things for you to do.

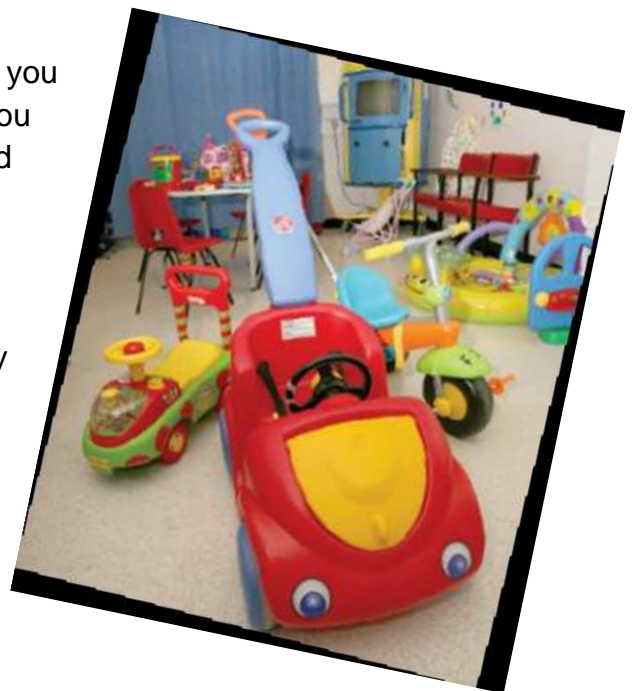
You can bring your favourite soft toy with you if you want to as well as any books and games that you like from home. You can bring in your own hand held computer but you will have to look after it yourself.

## Can I use my mobile phone?

No mobile phones are to be used on F3 as they may prevent others from resting if it rings and beeps.

## How can I get in touch with F3?

The telephone number for ward F3 is 01223 217567.





**The address is:**

Ward F3, Box 26  
Addenbrooke's Hospital  
Hills Road  
Cambridge  
CB2 0QQ



**Where can I get more information?**

If you are coming in to hospital to have an operation there is a leaflet available which explains what happens. If you want a copy please ask the nurses and they will be able to tell you where you can find it.



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

**Other formats:**



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<https://www.cuh.nhs.uk/contact-us/accessible-information/>

**Document history**

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