Department of Operations

Getting ready for discharge

This leaflet will inform you about different parts of your discharge arrangements.

We consider you a partner in your care and would encourage you, your relatives or carers to discuss with your nurses, any aspects that you are concerned about.

We will discuss discharge plans with you on your admission and on a daily basis. We aim to have you ready to leave hospital before lunch on your day of discharge. Your discharge may be to an interim placement, to allow time to arrange for you to be transferred to a suitable location of choice.

Have we discussed the following with you?

**Medications**

- [ ] Discussed
- [ ] Not applicable

A nurse, doctor or pharmacist will explain your discharge medications to you. Further supplies must be obtained from the GP (General Practitioner). You should have an anticoagulant book if you are on Warfarin or a steroid card if on dexamethasone, prednisolone or hydrocortisone.

Laxatives and painkillers may be required after your hospital stay - ensure you have appropriate supplies at home.

**Medication side effects**

- [ ] Discussed
- [ ] Not applicable

Details about medication side effects can be found in the medicines boxes. Following discharge, if you are concerned about your medicines you can call:

- Our medicines helpline on: 01223 217502
- NHS Direct on 0845 4647 or visit [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- Contact your specialist team or GP.

**Discharge summary**

- [ ] Discussed

This document will detail all the treatments you have received during this admission, current medication and follow up information. You will be given two copies of your discharge summary, one for yourself and one to give to your GP who may also receive a faxed copy.

We aim to have you home for lunch however this may not be possible if there is a wait for medication or transport home. If there is a wait you may go to either of our
two discharge lounges. The nurses will help get you to the discharge lounge and you will be provided with food and care there as required.

Please ensure you have all of your belongings, including any valuables in the hospital safe. Remember to return your bedside locker key.

**Transport**  
[ ] Discussed  [ ] Not applicable

Transport home is not usually provided by the hospital so you will need to make your own arrangements. If you are concerned, please discuss this with the nurse caring for you.

**Destination**  
[ ] Discussed  [ ] Not applicable

If you are not going to where you normally live, please give us the address where you will be staying.

**Who to contact if you are worried about your condition or treatment**  
[ ] Discussed

If you are under the care of a specialist team, you should contact one of the team members if you have any concerns after you have left hospital. The specialist team will give you the relevant contact numbers. All other patients should contact your GP practice in the first instance. They can contact the hospital if necessary.

**Hospital equipment**  
[ ] Discussed  [ ] Not applicable

If you are discharged with temporary hospital equipment please return it as directed to ensure it can be used by other patients.

**Welcome Home from Hospital**

It is important to have food and drink available at home. If possible, ask someone to turn on your heating. If you do not have anyone to help you; there is a voluntary service in Cambridgeshire called **Welcome Home from Hospital**. For up to 14 days after leaving hospital, a member of the team can visit to make sure you have food, drink and other essentials. Ask ward staff to help you arrange this support.

The contact number for Welcome Home from Hospital in Cambridgeshire is 01223 714433.

**Medical certificate** (sick certificate)  [ ] Discussed  [ ] Not applicable

Some patients will need to take time off from work to recover following their hospital stay. If you are unsure about returning to work or resuming normal activities, please discuss this with your doctor or nursing staff.
Outpatient follow-up  □ Discussed  □ Not applicable

Unless informed otherwise, the majority of appointments are sent by post or given to you prior to you leaving hospital.

Driving  □ Discussed  □ Not applicable

Some conditions mean that you cannot drive. Your medical team will advise if you are in this category. You can also contact the DVLA. Driver and Vehicle Licensing Agency (DVLA)

Tel: 0870 600 0301  www.dvla.gov.uk

Flying  □ Discussed  □ Not applicable

Please speak to your medical staff if you are planning to fly in the near future. You should contact your insurance company.

For further information on health and flying: Aviation Health
Tel: 01865 715999  www.aviation-health.org

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history
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