

Going to Hospital?



Top tips to
make your visit
smoother



Prepare before you go.
Ring the hospital to tell them
you need extra help.
The phone number will be
on the letter telling you
about your appointment.



You might want to ask for a
quiet room to wait in, or to
have the first appointment
of the day so you're not kept
waiting a long time.



You might even want to visit
the hospital before your
appointment so you know what
it looks like.
Write down any questions you
have so you don't forget.



Ask one of the staff from the Learning Disabilities Nursing team at Waddiloves to support you with your appointment.



Take your VIP Hospital passport with you.



Take a list of all the medicines you take, and enough medicine for your first day.

If you have a PEG feed, take some of this with you too.



If you have support, take someone who knows you well so they can help you remember what was said.



Always say if you don't understand something. Ask whoever is talking to explain again. It's important you know what is happening to you so you can make the right decision about your health.



If the hospital is going to write to your GP, ask for a copy of the letter to be sent to you.



If you want advice about your hospital appointment, phone the number on your appointment letter.