

10. Leaving hospital

Hospital discharge time is 10am unless arranged otherwise. Before you leave, please make sure you:

- Have been given your discharge letter
- Have your medicines and that they have been explained to you
- Know who to contact if you have any questions / concerns
- Know if you need another appointment and when it is



About St John of God Health Care

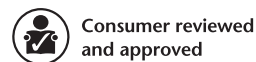
St John of God Geelong Hospital is a division of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.



80 Myers Street Geelong VIC 3220
T. (03) 5226 8888 F. (03) 5221 8807 E. info.geelong@sjog.org.au
www.sjog.org.au/geelong

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Making your stay with us safe 10 TOP TIPS



Information for patients,
relatives and carers



Hospitality | Compassion | Respect | Justice | Excellence

1. Preventing falls

If you need assistance, just ask.

Wear sturdy, well-fitting shoes or slippers with rubber soles to help grip.

Use your usual walking aids – remember to bring them into the Hospital.



2. Preventing blood clots

If advised, wear hospital stockings and move as often as you can. If you need assistance to move, just ask.

Try and do simple leg and ankle exercises to encourage blood flow.

Drink fluids as recommended.

You may be prescribed blood-thinning tablets or injections as part of your care plan.



3. Food and drink

Make sure you eat and drink plenty as this will help you recover more quickly.

If there is nothing on the menu that you like, ask for alternatives.

It is ok for your family to bring in food and drinks that you like, however, we cannot cook or re-heat food.



4. Preventing infection

Wash your hands before and after visiting the toilet and also before eating.

Don't hesitate to ask our staff if they have washed their hands.

Tell us if you have diarrhoea or vomiting.

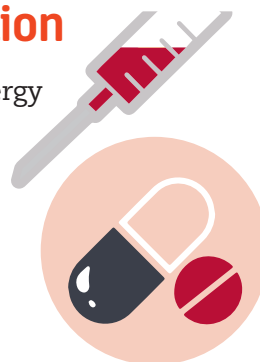


5. Your medication

Tell us if you have an allergy to any medication.

If you don't understand what a medicine is for, just ask.

Talk to any doctor, nurse or pharmacist about any concerns you may have.



6. Pressure ulcers

If possible keep mobile, even in bed, and let us know if you are uncomfortable. If you need assistance to move, just ask.

We are happy to help you change position in or out of bed and can provide a special mattress or cushion if needed.



7. Identification

You will be asked to tell us your name and date of birth to ensure we give you the right treatments and medications.

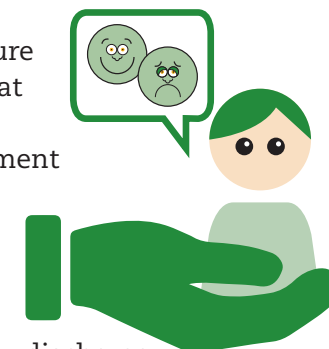
Tell us if any of your personal information is wrong or has changed so we can ensure our records are accurate.



8. Your care

We want to make sure you understand what is happening with your care and treatment – please tell us how you feel.

You will receive a text message for a survey 48 hours after discharge.



9. Any concerns?

We are here to help – please talk to us if you have any worries or concerns about your treatment or what will happen when you leave hospital.

