

Eleven+

guide.

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 to be given some medicine. F3 have 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 waiting 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.

There is a pull down camp bed next to your bed so one of your parents will be able to stay with you overnight.

Can I have visitors?

Your parents 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. We ask that you keep the noise levels to a minimum so that it does not disturb other patients.

If any of your visitors are have an infectious illness such as diarrhoea they will be asked to go home so that it does not spread to other patients. If someone wants to visit but they have an infectious illness we ask them to stay at 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 and height.

The nurses will be able to explain what is going to happen and discuss with you when you may be able to go home.



Eleven+

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, yoghurt cereal or toast. If you are staying overnight then you will be offered hot meals. If you have a special diet, for example you are vegetarian, 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 from 7am to 7pm.

There is a play team on the ward who will be able to find some things for you to do. You can bring in activities / items from home to entertain yourself but you will be responsible for keeping your possessions safe.

Can I use my mobile phone?

Yes mobile phones can be used on F3 as long as they are on silent/vibrate so that they don't disturb others who are resting.



Eleven+

guide.

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:



Help accessing this information in other formats is available. To find out more about the services we provide, please visit our patient information help page (see link below) or telephone 01223 256998.



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

Document history

Authors/ contact number	Children's Services/01223 217567
Approval date	March 2022
Version number/ID	4/25636

