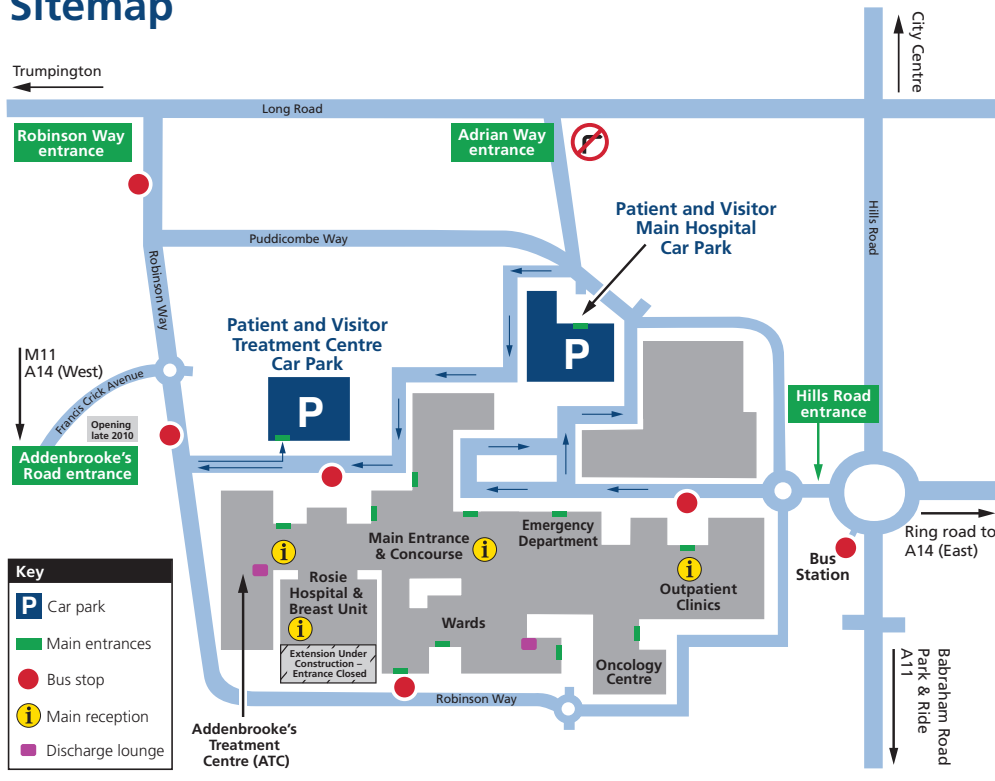


Sitemap



Cambridge University Hospitals
 NHS Foundation Trust
 Hills Road
 Cambridge
 CB2 0QQ

Telephone
 +44 (0)1223 245151

You can view a more detailed map online:
www.cuh.org.uk/maps

Cambridge University Hospitals **NHS**
 NHS Foundation Trust

Preparing to leave hospital



Getting to the hospital

Limited parking spaces are available at the car parks shown on the map. If possible please consider other forms of transport or ask someone to bring and collect you. 'Park & Ride' buses run to the hospital from Babraham Road and Trumpington.

There is a **free patient courtesy bus** on site, with easy wheelchair access, which stops at the main car parks, the Addenbrooke's Treatment Centre, the Rosie Hospital, Oncology and Outpatients.



Disabled parking is available in bays close to the hospital entrances and in the car parks. Please display a valid badge. Please note that parking for registered disabled badge holders is not free in standard car parking spaces.

Discount parking

Outpatients, Day Surgery, Emergency Department	A £3.00 ticket is available for any length of stay up to 24 hours.
Treatment ticket	If you will be receiving treatment for more than two consecutive days, a seven-day ticket is available for £3.00.
Regular visitors	Regular visitors can buy a £25.00 ticket, valid for up to 14 days, or a £15.00 ticket, valid for up to seven days.

To obtain discount parking, please take your ticket and admission letter to reception at either the main hospital, the Addenbrooke's Treatment Centre, the Rosie Hospital or the main car park.

For help and advice with travel please call:
Travel helpline 01223 586655

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Welcome to Addenbrooke's and the Rosie hospitals. We want to make your stay as comfortable as possible. This leaflet tells you the things you need to know before you leave.

For further information please visit www.cuh.org.uk



Time and date of leaving

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.

If you, your relatives or carers have any questions about leaving hospital please ask the ward staff. If you need to make any special arrangements before you leave please let us know.



What do I need to do?

When you leave please ensure you have all your belongings including any valuables from the hospital safe. Have a bag and suitable outdoor wear ready to go home. Remember to return your bedside locker key and ensure you have any medications or equipment you may need.



Medicines

We will confirm whether you need any medications to take home and provide sufficient supplies if needed. We will explain your medications to you, identify potential side effects and discuss with you how to obtain further supplies.

For further information about your medications please call the Patient Medications Helpline on **01223 274616** (open Monday to Friday between 9.00am and 5.00pm) or NHS Direct on **0845 4647** or visit www.nhsdirect.nhs.uk



On the day of discharge

We will give you:

- a discharge letter detailing your care and treatment
- medications or equipment as required.

We may ask you to vacate your bed so it can be prepared for another patient. Patients can wait in either of our two discharge lounges, in the main hospital building near the jubilee garden or in the ATC, until they are ready to leave.



Follow-up appointments

If you need a follow-up appointment, we will make this before you leave or write to you.



Help after you leave

During your stay you may speak to a social worker, care manager, discharge planning specialist nurse, dietitian or therapist. Together we help plan ongoing support for you on your discharge from hospital.

We may lend you hospital equipment to use at home. When you no longer need it, please return it (as directed) so we can use it for other patients.

It is important to have food and drink available at home and, if possible, ask someone if they can turn on your heating. If you do not have anyone to help you when you get home, there is a voluntary service available in Cambridgeshire for up to 14 days after discharge, called *Welcome home from 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, or ask the team about similar services in your area.



The contact number for *Welcome home from hospital* in Cambridgeshire is: **01223 714433**



General Information

Date of discharge

If you haven't received your date of discharge yet, please ask the ward staff.

Patient Advice and Liaison Service (PALS)

is here to provide help, advice, support and information and to listen to your suggestions and concerns.

01223 216756

Need someone to talk to?

We are here to help you. Please call Chaplaincy **01223 217769**

Help with this leaflet



Audio, large print or other languages



Please contact Patient Information **01223 216032**

or go to

www.cuh.org.uk/patientinformation



Wi-Fi and Mobiles

For details of free Wi-Fi availability and the use of mobile phones, please ask the ward staff.



No Smoking Policy

We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking Helpline on **0800 0224 332**