



Royal Berkshire
NHS Foundation Trust

Your discharge from the Haematology Unit

Please read before leaving hospital

Compassionate

Aspirational

Resourceful

Excellent

We would like to ensure that you have all the information you need after your hospital admission. Please read this leaflet carefully so that we can answer any questions you may have. It may help to tick points off when you have covered them.

The following information should be discussed with you during your stay on the ward.

Your medication

- The tablets you need to take.
- Why you need to take them.
- When you should take them.
- What side effects you may experience.

Please ask advice before taking any medication other than your hospital medication.

Looking after your Hickman / Picc line

- Your line needs flushing and dressing once a week. This is done either by your district nurse or by someone on the Haematology Day Unit. Please ask us whether this has been arranged for you.
- Please contact the Haematology Day Unit or Adelaide Ward straight away if there is any redness, soreness or oozing from your line.

Other questions you might have

- Do you need a sick certificate for your employer if you have to take time off work?
- Do you know when your next treatment is?
- Do you have an outpatient's appointment?

Taking care of yourself

- Eat a healthy diet.
- Drink plenty of fluids.
- Take regular, gentle exercise.
- If you feel unwell, check your temperature. If it is 37.5 °C or above, contact the Haematology Day Unit (Monday to Friday, 9am-5pm) or Adelaide Ward at any other times.
- Any shortness of breath, bleeding or platelet rash, contact the Haematology Day Unit or Adelaide Ward straight away or **go to your nearest Emergency Department (A&E)**.
- Make sure you get plenty of rest.
- Any worries at all, please ask for advice.

You should discuss all this information with your nurse before you leave hospital. Any questions that you might have, we are more than happy to help with.

Telephone numbers

Haematology Day Unit 0118 322 7464

Adelaide Ward 0118 322 7470

If you have queries about clinic appointments, please phone the Haematology Clinical Admin Team (CAT 8): 0118 322 8145 option 2 or email rbbh.CAT8@nhs.net (9am-5pm), Monday to Friday.

Other leaflets you might find useful

- Peripherally inserted central catheter
- Hickman catheter

Please ask ward staff for any of these leaflets.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Written by Emma Beacham, Nov 2002

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