

# Leaving the hospital

## Information and advice for patients

**This guide aims to help you prepare for your discharge from the hospital back to the community and to ensure that the discharge is safe and happens as soon as you are ready.**

### **What to expect from us and how you can help**

- We will plan your care with you and agree an estimated discharge date (EDD).
- We will discuss and agree with you and your family anything that may need to be done to help you return home safely.
- If you cannot return straight home from hospital once your acute care has finished you will be transferred to a community care setting. This will either be to one of our Medically Fit for Discharge wards at Rowley Regis Hospital and City Hospital, or to another community care setting. This is part of your on-going care and we will make sure you have the first available bed to meet your needs, however it may not always be the one closest to your family and friends.

### **What we need from you and your family/carer**

Please:

- Be involved in decisions and tell us anything that will help to get you home as soon as possible.
- Make sure you have any of your own medicines brought into hospital for you.
- Make sure someone brings your clothes in for you the day before you go home.
- Make sure you have arranged transport to get you home. If there is a medical need for transport to be arranged by the hospital, we will do this, but please let us know your plans as soon as possible.
- Remember to make sure you have arranged in advance to have a key to your house, the heating is on and there is food stocked for when you get home.

### **On the day of your discharge**

- We know you will be keen to get home, so we will make sure you leave the ward before lunchtime.
- You will be able to wait in the discharge lounge for your family/carer to collect you.
- If you have been prescribed medicines to take home, these will be available to you before you go and a nurse or pharmacist will make sure you understand how to take them.
- We will send a letter to your GP to let them know why you have been in hospital, the treatment you received, any investigations you had and any ongoing treatment that your GP needs to arrange. You will be given a copy of this letter.

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- If you need to come to the hospital again, either to see your specialist or have further investigations, we will arrange this for you and either tell you the details before you go home or send you an appointment letter by post.

Please speak to your ward manager if you have any questions or concerns about being discharged from hospital.

## Further information

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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