

For patients by patients

This leaflet was first suggested by two patients in the Transplant Unit who wanted to share their hints and tips about things as a way of helping make your stay more comfortable, and many other patients have added to it since.

Please note that while these suggestions have been helpful to others, you don't have to follow any of them if you don't want to.

Clothes - what patients say

"If on the transplant list, have a hospital bag ready. There is limited storage space, so keep it to a minimum."

"Bigger PJs, night dresses and underwear are useful in case of excess fluid. It's best to wear hospital gowns rather than PJs."

"Ensure good-fitting slippers for physio sessions. It is best to find ones which are easy to put on, as every second counts on the way to the toilet!"

Medication - what patients say

"Expect to be taking a lot of tablets."

"A watch or mobile phone is handy when it comes to doing your own medicines. Keeps your timings right."

['Self Med' is an education programme in place to support you taking your own medicines before going home.]

Toiletries - what patients say

"You'll wash your hands a lot, which can cause dry hands. A good intensive moisturiser will be very effective."

"Antibacterial wipes and baby wipes are great for hands when you are bedbound."

"Lip balm is highly recommended. Lips can become very dry."

"Ear plugs are very useful."

General information - what patients say

"A notepad and pen are useful to jot down questions as there is a lot of information to take on board."

"Take recovery one day at a time, and expect the odd setback."

"Be prepared to drink lots and lots of fluid, water, juice, tea, coffee etc."

"If your fluid intake is being monitored, it's handy to keep a record, as this will help when the nurse updates your chart."

"Take some light reading for the first ten days - books, magazines, crosswords, etc."

"There are lots of people on the ward rounds - consultants, junior doctors, nurses, transplant co-ordinators etc."

"The food is OK, but I always had a snack in my locker just in case."

"Remember money for the bedside TV and for the phone."

For relatives - what patients say

“There are two local B&Bs within walking distance of the hospital. Please note there is no longer a patient hotel in the hospital.”

“There are café facilities and a restaurant in the hospital.”

“The nearest shopping centre is a short bus ride away. There is a WH Smiths in the hospital.”

“Car parking is expensive, but there is a regular bus service to the centre of town. There is also a local park and ride (Sherrifhall Roundabout).”

“Only two visitors are allowed at each bed space. Visitors may be asked to leave the ward during meal times..”

“No children under 12 years of age are allowed in the unit” [But patients who are well enough can go to the café with them instead.]

“No flowers are allowed in the unit.”
[For infection control reasons]

Transplant Unit contact information

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Transplant Unit

Patient to Patient Advice Sheet