

Where Do I Find the Hospital?

The Hospital is situated on Ferry Road approx 100 yards beyond the Law Court and Ross County Football Stadium, first turn on left, Unit straight ahead.

Transport

Should you require transport for admission, contact your Health Centre. For information on travelling expenses, please ask on admission.

What Do I Do When I Arrive?

Please report to the nursing station in the middle of the corridor.

What Do I Bring With Me?

- Any medicines you are taking, including oral contraception and vitamins
- Day and night clothes, loose clothes for physiotherapy, toiletries, swimming costume/trunks (swimwear can be provided if required), indoor shoes e.g. slippers/flip flops to use at pool.
- You may wish to bring a small amount of money for newspapers, phone calls etc

Please do not bring valuables such as bank books, credit cards or jewellery unless necessary.

What Do I Do If My Admission Date Is Unsuitable?

If you are unable to keep your appointment please phone us as soon as possible. This will enable someone else to have your appointment.

Visiting

Visiting is between 4pm & 9pm. It is appreciated if visitors avoid mealtimes (5-5.30pm).

Visiting on Saturdays and Sundays is open.

Visiting outwith above times should be discussed with nurse in charge.

Meals

Breakfast	8.00 am
Lunch	12.30pm
Tea	5.00 pm

Each day you will be asked to choose meals for following day from a menu card.

On Discharge

- If transport is required this will be arranged by the nursing staff.
- If required, a 7-day supply of medicines will be given
- If you need help when you go home, such as meals on wheels or home help, this will be arranged before you go home.
- You will be given a letter for your GP which will have an outline of the care you have been given and a list of the medicines you are taking. Please arrange for this to be given to your GP as soon as possible.
- If you receive care from the District Nurse you will also be given a letter for her. Again, please arrange for this to be given to her as soon as possible.
- A more detailed letter about your care will be sent to your GP direct from the Consultant Rheumatologist (Dr Steven)

Facilities Available

Telephone

Within the Unit, there are 2 coin operated telephones. These take both incoming and outgoing calls. The numbers are: 01349 868797 or 01349 868798

Mail

Any mail will be delivered to your ward. You can place any outgoing mail in the tray at the nurses station (please ensure you have stamps as these are not available to buy)

Newspapers

These are delivered daily to the Unit by the local newsagent. Please arrange payment of these with him.

Laundry

There is no laundry facility available in the Unit

Hairdresser

The hairdresser visits the Unit on a weekly basis - normally a Thursday evening. Please arrange this through the nursing staff.

Chiropody

If you require the chiropodist, the nursing staff will endeavour to arrange this. The availability of a chiropodist is dependent upon her workload.

