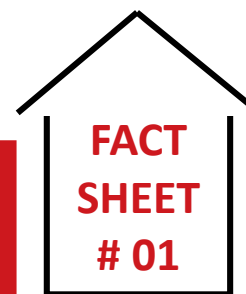


# Preparing for a hospital stay



- Preparing for a hospital stay, e.g. having a port fitted or admission for a bleed, can feel daunting for parents and children
- This fact sheet has been created based on tips from families with first-hand experience, to help make things less stressful for you and your family

## Member Top Tips

- Access to parents room, play area, etc. will depend on the hospital – most hospitals are well-equipped for hospital stays but do ask your nursing team
- Children can sometimes feel poorly during their stay – for example, from anaesthetic. Prepare by bringing spare PJs, wipes, etc.
- When having a port fitted, you typically can't bathe your child for ~1 week in total, but the hospital usually provide bowls and antiseptic cleaning wash for manual bathing
- When having a port fitted, your stay is often not as long as expected – prepare for a 5-day stay but it could be less
- Try not to panic when using a port the first few times – it becomes second nature before too long
- The air in the hospital can be stale and dry, and it can get cold at night – be prepared with lip balm, blankets and cardigans
- Cuddles and home comforts are the best medicine – make sure you have plenty of both!

## Hospital stay check-list

FOR YOUR CHILD		FOR YOU	
✓	Open-front pyjamas (plus extra PJs), fluffy socks	✓	Pyjamas , your own pillow, blankets / cardigans, fluffy socks
✓	Shoes that are easy to take on and off, flip-flops for taking showers	✓	Shoes that are easy to take on and off, flip-flops for taking showers
✓	Favourite blanket / pillow / teddy	✓	Lip balm and antiseptic wipes
✓	Pens, paper, games, toys	✓	Snacks! Favourite tea bags, coffee
✓	Headphones	✓	Water bottles, cups with lids for tea / coffee
✓	Tablet (with films, tv series downloaded)	✓	Headphones, tablet, phone charger
✓	Books for bedtime stories	✓	Buggy (for short walks outside)

**Our children often cope better than us parents, so try not to worry. Nursing teams are an amazing support, but if you do need any further support before or during your stay, please contact us through our Facebook group.**



[www.bleeding-disorders.co.uk](http://www.bleeding-disorders.co.uk)



Developed by *Local families with bleeding disorders* as a service to members. This document does not represent medical guidance. Always consult your clinical care team for medical advice and support.

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