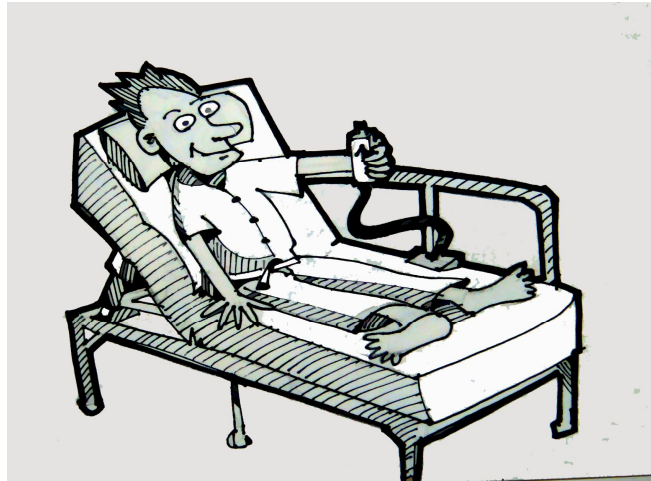


Making the Most of Hospital Visits

Yes, being admitted into hospital can be intimidating and daunting at first, but it can be a crucial step on the road to recovery and to a better quality of life. These tips from those who have called the hospital their second home, will make your hospital stay a far less stressful and more comfortable experience.



Hold on tight, we're making the jump to hyperspace!

A few things to think about:

- If you're worried about the regular stresses your life holds, don't be. For this next little while your attention should be devoted to caring for yourself and your health. A hospital visit will justify any length of absence from work or school.
- Enjoy your stay. Try to relax between all the procedures being performed and do something you enjoy.
- Get outside. If at all possible, take a stroll outside the walls of the hospital. A simple walk or roll outside has the ability to refresh body and spirit!
- If you need something, ask for it. Don't feel forced to quietly accept what is provided for you. If you want an extra pudding with your next meal, just ask!
- Be courteous to nurses and other hospital staff. They may be more willing to go the extra mile for a nice patient over a cranky one!
- Little extras from home like your own pajamas, blanket, laptop, pillow, and other personal items can make a long hospital stay much more enjoyable.
- Beware of cabin fever! Being in one place for too long can make you stir crazy! Keep your mind **and** body busy with school work, computer games, activity rooms or pools (if your hospital has them), reading, puzzles, day trips out of the hospital, etc., etc.
- Be an active participant in your health care plan - ask questions and be informed! Be sure you understand why procedures are being run, why you are taking certain medications, the medical jargon being used, what might happen next, etc.
- Write down your questions and concerns, so you can remember them all when your doctor pops in. Doctors are very busy people, and their visit to your room might be very quick!
- Clear Fluids. Even though the hospital might think Jell-o is its own food group, you will get sick of it fast! If you are on clear fluids for a long time, you will need to put some variance in this diet! Remember that a clear fluids diet can also include yummier things like soup broths, juices, all types of soda, slurpees, popsicles, etc.

ER Trips

You may need to visit the Emergency Room in cases of severe pain, complications, bowel obstructions, etc. The ER can be a scary place, but it may be a necessary evil to tolerate as it will help you get the urgent attention you need.

- If you can help it, go to the ER where your GI is based.
- When you register, tell the nurses that you have **diagnosed inflammatory bowel disease**. This will get you faster attention than if you just state you are having abdominal pain for an unknown reason.
- When you get to the ER, be prepared to wait! If your condition worsens during this wait, tell the nurses immediately.

Produced by the CCFC Youth Advisory Council

