



**Royal Berkshire**  
NHS Foundation Trust

# Your visit to the Haematology Unit

## Information for outpatients

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This leaflet is for people visiting the Haematology Unit as outpatients. It will give you some useful information and will help you access the Haematology team who can give you assistance while you are having treatment at the hospital.

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The following information should be discussed with you during your visit to the Unit.

### Your medication

- The tablets you need to take.
- Why you need to take them.
- When you should take them.
- What side effects you may experience.

Always ask advice before taking any medication other than your hospital medication.

### Other questions you might have

- When is my next outpatient appointment?
- When is my next treatment?

## Taking care of yourself

- Eat a healthy diet.
- Drink plenty of fluids.
- Take regular, gentle exercise.
- If you feel unwell, check your temperature. If it is 37.5 °C or above, contact the Haematology Day Unit (Monday to Friday, 9am-5pm) or Adelaide Ward at any other times.
- Any shortness of breath, bleeding or bruising, contact the Haematology Day Unit straight away. The staff will need to know what tablets you are taking.
- Make sure you get plenty of rest.
- Any worries at all, please ask for advice.

You should discuss all this information with your nurse before you leave hospital. Any questions that you might have, we are more than happy to help with.

## Telephone numbers

Haematology Day Unit	0118 322 7464
Adelaide Ward	0118 322 7470
Charlotte Starmer-Smith Unit	0118 322 7470

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