



PATIENT INFORMATION

**BIRCH UNIT DISCHARGE
FOLLOWING BIOPSY**



Recovering from a local anaesthetic

Your local anaesthetic will wear off shortly following your procedure. Please ensure you take pain killers regularly if required. We advise that you:

- Keep taking pain killers regularly if required
- Do not take non-steroidal anti-inflammatory drugs, such as Ibuprofen or Diclofenac on an empty stomach, as this can lead to Gastritis. If you experience stomach irritation from these medications, stop taking them straight away and contact your GP.
- Drink water to keep hydrated and help to avoid constipation caused by certain pain killers
- Follow wound care instructions given by discharging nurse

Medication

Please continue your regular medication unless advised not to by your nurse or doctor. You will be discharged from hospital with any required medication. Paracetamol and Ibuprofen will not be prescribed, as you are expected to have a supply at home.

You will need to obtain repeat prescriptions from your GP surgery, should you require them. It is important to take medication regularly, as directed, to keep your pain controlled.

Last medication

Below is a list of some medication you have had during your admission, please continue any regular medications or medications we have prescribed unless told otherwise. The 'Next dose' column shows you when you can take your next dose.

Medication	Last dose	Next dose

Wound care

Please remove your dressing on/...../.....

Extra dressings will be supplied if required.

If you have a drain, this will be monitored by:

Mobility

It is advised for you to mobilise as much as you are able.

You will be informed of any restrictions or instructions regarding your mobility prior to discharge.

Biopsy results

You will receive a written letter or phone call with the results from your consultant. If you do not receive results after 2 weeks, please contact your Consultants secretary.

Symptoms which may cause concern

- Bleeding from wound site which is more than expected
- Swelling or discolouration of the skin
- Swelling in any limbs, especially if it is hot to touch
- Shortness of breath
- Chest pain
- Difficulty passing urine

If you experience any of the above symptoms, which aren't explained by your procedure, please call 111 or attend your nearest accident and emergency.

You can also contact Birch unit on: 01527 512170 between 7am and 6pm

If you require speciality advice you can also contact:
Interventional radiology nurses on 01905 763333 ext 39353

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.