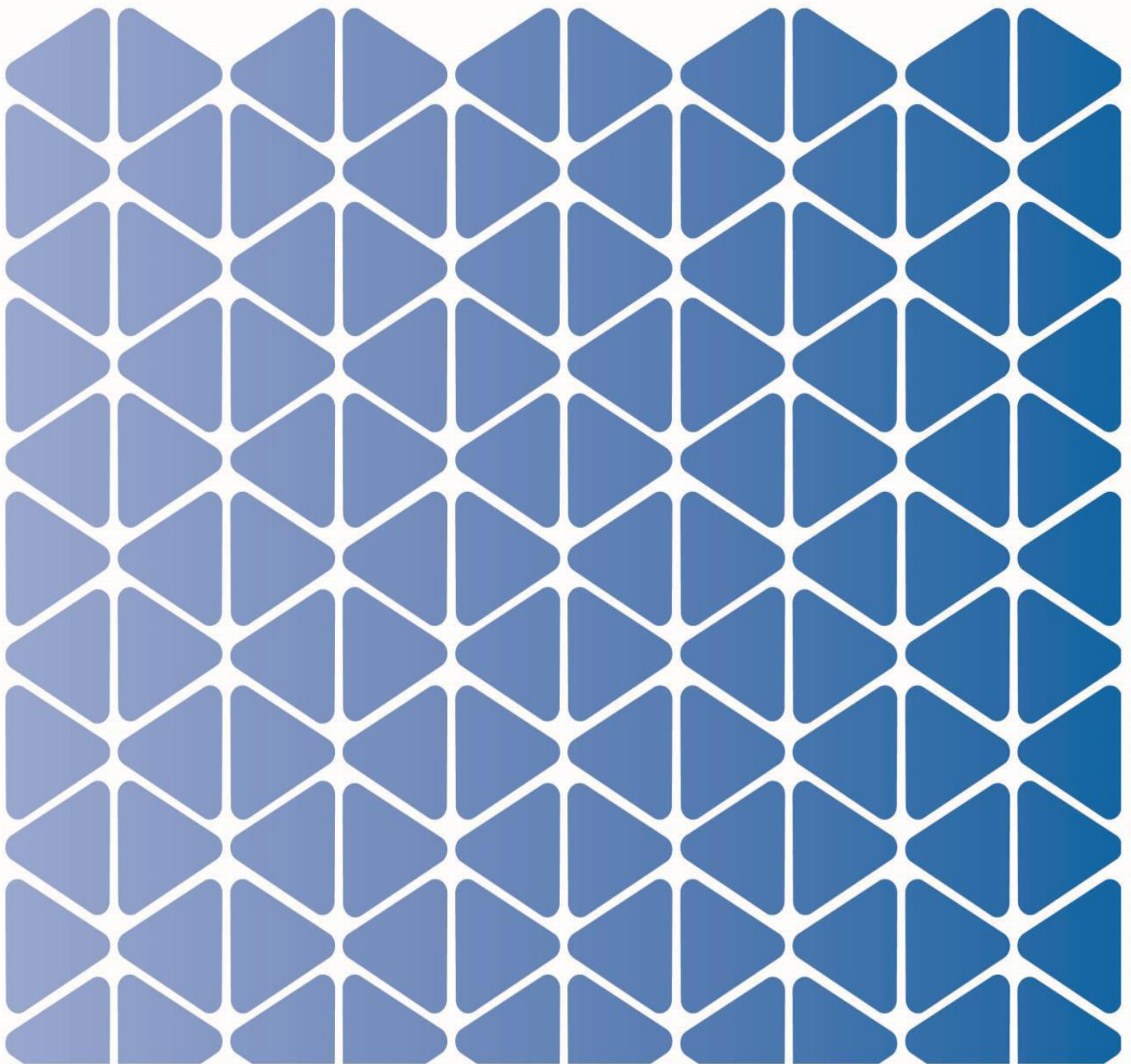


PATIENT INFORMATION**DIETARY INFORMATION FOR
PREGNANT IN-PATIENTS WITH
DIABETES**

We understand that being pregnant with Diabetes can be a worrying time and we would like to try to ease some of the worries around diet whilst staying with us in hospital.

Whilst on the ward you will be offered breakfast, lunch and dinner. We are aware that some of the food on offer may not be ideal when you have diabetes. We are working on this with the catering team. In the meantime, we have put together some information to make things a little easier during your stay in hospital.

Breakfast – Each morning there is a selection of white and brown toast and cereals brought onto the ward.

Alternatively you can have breakfast from the canteen each weekday morning (Monday – Friday). There is a selection of cooked food available. We would suggest scrambled eggs, bacon, mushrooms, and tomatoes according to your preferences. Scrambled eggs are included but there might be charge for other cooked egg options.

You will need to ask staff for a CAT number each day. You can then use it in the canteen yourself or ask a family member, friend or member of staff to go to the canteen to collect your breakfast for you.

On weekends, the canteen is closed. Staff can make you wholegrain/granary toast if it is not on the trolley or you can bring your own food.

We can offer cheese to go with your toast and there are sugar-free yoghurts available.

Tea and coffee are available on the wards 24 hours per day. Sweeteners are available on the hot drinks trolley as an alternative to sugar. A jug of water will also be provided.

Lunch - You should be offered a menu each morning whilst staying with us so you can order a suitable option for lunch. If you arrive with us after the opportunity to order lunch has closed, there is a hot food trolley brought onto the wards each day. This has options for you to choose from. Sandwiches are also available. Please ask the host who is serving which ones are suitable if you are unsure.

Evening Meal – Jacket potatoes, Sandwiches and salads are available each evening. If you are with us in the morning, you will also be able to order a suitable option from the menu. If you have ordered a meal earlier in the day this will also be brought on the trolley.

Snacks – If you feel you need a snack between meals then please ask staff what is available. There are usually sugar free yoghurts and jellies. Cheese, crackers, toast, sandwiches and fresh fruit. Additional meals can be ordered from any of the menus displayed on the boards found on the wards.

Bringing your own food – We understand that sometimes it's preferable to have your own meal choices available. You are welcome to use our fridge and freezer in the ward kitchen to store food. Please label this with your details so we know who it belongs to. The fridge and freezer temperatures are monitored regularly. Staff will be happy to assist you by storing and fetching food when needed. There is also a microwave available for you to use on the ward. Staff will be happy to show you where this is.

On-site options for purchasing food.

RVS Shop

The shop is inside the main entrance.

- Monday to Friday 08:00am – 08:00pm
- Weekends 10.00am – 8.00pm
- Bank Holidays 10.00am – 5.00pm

Costa Coffee Situated inside the main entrance.

- Monday to Thursday 7am – 8pm
- Weekends 7.30am – 7.30pm

Rivercourt Restaurant

Serves cooked breakfasts, lunches and supper as well as a selection of hot and cold drinks, salads and sandwiches.

You can use your CAT number here for breakfast.

Opening times:

- Monday to Friday 7.30am – 6pm
- Bank Holidays 8am-12pm
- Closed Saturday and Sunday

The breakfast service runs from 8am until 11am and the main meal service runs from 12pm right through until 6pm. A selection of snacks, sandwiches and hot and cold drinks are always available. There is a Feast point vending machine available for meals and snacks out of hours.

All our shops and restaurants accept card and contactless payments.

Fruit and Veg stall – outside hospital main entrance

Opening times: Mon – Fri 8am-4pm

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 Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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