

## Patient information factsheet

# Leaving hospital

This factsheet explains what will happen when you are ready to leave hospital.

### What happens when I leave hospital?

1. A member of the ward team will check that you are well enough to leave hospital (medically optimised for discharge or MOFD). If you have any questions or concerns about leaving hospital, talk to a member of the ward team. The sooner you tell us, the more time we will have to help.
2. You should make sure you have transport to get home from hospital. For example, you could arrange for a friend or family member to collect you.
3. You should check that you have everything you need. On your last day in hospital, we will check that all your prescriptions are correct and ready. You should make sure you have all your belongings and any information or telephone numbers you need.
4. We will let you know when everything is ready for you to leave the hospital.
5. If you were receiving community support before you went into hospital, the ward team will arrange for this to restart when you leave. If you would like advice about leaving hospital, contact our discharge team on **023 8120 6758**.



### What happens next?

After you leave hospital, you may have follow-up appointments with one of our teams at the hospital or with your local GP.

If you have been in hospital for a long time, you may feel nervous about leaving hospital. There are community services available to support you. Contact the patient support hub for more information.

### What happens if my situation changes?

If you become unwell again while we are getting ready for you to leave hospital, you may need to stay in hospital for a bit longer.

If your needs change significantly, we will talk with you and your family about any extra support you may need when you leave hospital. This is called an onward care referral (OCR) assessment.

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## What if I live outside Southampton?

If you do not live in the Southampton area, we will send your information to your local transfer of care hub (TOCH) team. This is a support team who can link you up with care services in your area if you need them.

If you have any questions, telephone our discharge team.

## Contact us

### Hospital discharge team

Telephone: **023 8120 6758** (Monday to Saturday, 8am to 4pm)

Outside of these hours, please leave a message on our answerphone and we will aim to get back to you within 24 hours.

### Patient support hub

Telephone: **0800 484 0135** (Monday to Friday, 10am to 4pm)

Email: [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)

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