

Welcome to the Nuclear Medicine Unit on Sarah Ward

This leaflet provides information for patients being admitted to Sarah Ward following radionuclide therapy. If you have any further questions, please speak to a doctor or nurse caring for you.

Your care on Sarah Ward

The Nuclear Medicine Unit is located on Sarah Ward, **1st Floor of Bermondsey Wing at Guy's Hospital**. It consists of two one-bedded rooms, a kitchen and a bathroom. While we try to arrange for two patients to be in the unit together this is not always possible, so you may be on your own.

Your named clinical nurse specialist (CNS) will oversee your care in hospital. They will help you settle in and answer any queries you may have. There is always a doctor from Nuclear Medicine available on call during your stay.

There is a phone in each bedroom. You can call the nurses at the nurses station on Sarah Ward (ext 85993 or 85989) if you need any help. You can also receive incoming calls – the numbers are:

Side room 5:	020 7188 5988
Side room 6:	020 7188 5996
Nurses' station:	020 7188 5993 or 020 7188 5989

For your safety and security you will be asked to give your consent for the use of CCTV which is installed in bedrooms and communal areas. This is for observation only and no recordings will be made or saved.

Meal times

- Breakfast 8.00 am
- Lunch 2.00 pm
- Dinner 5.30 pm

Things you need to know or bring

- It is important that you drink plenty of fluids after your treatment to speed up the time it takes for you to excrete the excess radioactive medicine from your body. Tea and coffee are provided and also filtered water, but you may like to bring in any favourites.
- Fresh milk is provided.
- All your meals are provided, but if you would prefer to bring your own microwave dinners, you may do so. There is a fridge and a microwave in the unit's kitchen as well as spare crockery and cutlery.
- There is a bath and a shower – towels are provided so just bring your toiletries.
- You may or may not feel like getting up and dressed during your stay. Most people don't feel unwell, but you may feel tired. You should bring comfortable nightclothes and possibly a dressing gown and some slip-on shoes as the bathroom is a short walk from your room.
- The clothes you bring should be able to tolerate a hot wash.
- Both rooms have a TV/video/DVD and radio/CD players, so bring any music, books, magazines, story tapes or videos you would like. We now have an extensive video library for your use.

Visiting hours

Due to the nature of your treatment there is restricted visiting. Young children and pregnant women are not allowed to visit.

Visiting hours are between 2pm and 7.30pm. Due to the radioactive treatment you have received, the time visitors can spend with you is restricted as follows:

Evening of treatment: 10 minutes only

Day after treatment: 30 minutes only

When your visitors come to the unit, they will be required to put on the blue overshoes and gloves provided outside the door. To minimise the radiation dose your visitors maybe asked to sit or stand behind the lead shields within the room. Do not hug or kiss your visitors during this visit.

Further information

If you have any questions or concerns about your forthcoming stay on Sarah Ward, please call the clinical nurse specialist looking after you within the Nuclear Medicine Department from 9am to 5pm, Monday to Friday:

CNS Thyroid Service:	0207 188 4098
CNS Neuroendocrine Service:	0207 188 6304
Therapy Coordinator Guy's Hospital:	0207 188 4110
Guy's Hospital Nuclear Medicine Dept:	020 7188 4112

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