

# Hydrotherapy appointment

This leaflet provides information about your hydrotherapy appointment.

If you have any further questions or concerns, please do not hesitate to contact the physiotherapist caring for you.

## Where to go

All your appointment information, such as the appointment time and where you should go, will be included in your appointment letter. We have also checked the box below next to the hospital where your appointment is booked to help you find your way.

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### **Guy's Hospital**

Lower Ground Floor (basement)  
Tower Wing (**Purple Zone**)  
t: **020 7188 5104**

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### **St Thomas' Hospital**

3<sup>rd</sup> Floor Lambeth Wing (**Blue Zone**)  
t: **020 7188 5094** or **020 7188 5083**

- **Please arrive at least 10-15 minutes before your scheduled appointment time.**
- **When you arrive, please tell reception that you have a hydrotherapy appointment so they can direct you to the hydrotherapy reception.**
- If you are late, we may not be able to see you.
- If you are unable to attend, please call and cancel. If you miss two appointments without contacting us, we will discharge you from hydrotherapy.

## What to bring

- A swimsuit for ladies and swim shorts for men.
- Flip flops to wear outside the pool (if you have these).
- Any fast-acting medication, such as asthma inhalers or angina spray or tablets, as you may not be able to get in the pool without these.

Please let your physiotherapist or the hydrotherapy team know before your session if you require any special clothing or equipment.

## **Please let us know if:**

- there is a change in your medical condition or your medication
- you have been to see or are going to see your doctor or specialist.

## **What should I do if I am ill?**

Please call us as soon as possible if you:

- are feeling unwell, have a fever (temperature 37°C and above) or symptoms of flu
- have an open cut or wound that cannot be covered with a waterproof dressing
- are menstruating and you do not use tampons.

## **Your hydrotherapy session**

If you are nervous in water, please let the physiotherapist know so that they can help you. The pool is not deep and there is a rail to hold onto. The physiotherapist will be close by at all times.

- The hydrotherapy pool is heated to 34°C.
- Your first session will be 15–30 minutes long.
- Let the physiotherapist know if you feel unwell or dizzy when you are in the pool.
- After your session, it is important that you have a shower to rinse off the chlorine. Towels are provided if needed. If you get dry skin, use a body cream or lotion after showering.

**We strongly advise that you have drink to rehydrate after your hydrotherapy session.**

## **After you have completed the course of hydrotherapy**

We will give you a copy of your exercises at the end of the course along with a list of local pools. It is important that you continue your programme to maintain your mobility and fitness.

### **Contact us**

If you have any questions or concerns about your hydrotherapy appointment, please contact the physiotherapy department where your appointment is booked:

**Guy's Hospital – 020 7188 5104**

**St Thomas' Hospital – 020 7188 5094 or 020 7188 5083**

**Monday to Friday, 9am to 5pm**

## Notes

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## Useful sources of information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)