

Welcome to the Nuclear Medicine Unit on Sarah Ward

This leaflet gives information about being staying on Sarah Ward after radionuclide therapy. If you have any 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 2 one-bedded rooms, a kitchen and a bathroom. While we try to arrange for 2 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 questions you may have. There is always a nuclear medicine doctor available during your stay.

There is a phone in each bedroom. You can call the nurses at the nurses' station on Sarah Ward (extension 85992 or 88869) if you need any help. You can also receive incoming calls – the numbers are:

Side room 5, t: 020 7188 5988

Side room 6, t: 020 7188 5996

Nurses' station, t: 020 7188 5992 / 8869

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 8am
- Lunch 12.30-1pm
- Dinner 5.30pm

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 shower – towels are provided so just bring your toiletries.
- You should bring comfortable nightclothes and possibly a dressing gown as the bathroom is a short walk from your room. Disposable non slip socks will be provided for you.
- The clothes you bring should be able to tolerate a hot wash.

Visiting hours

Because of your treatment, young children and pregnant women are **not allowed** to visit.

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

Evening of treatment: **10 minutes only**

Day after treatment: **30 minutes only**

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

Contact us

If you have any questions or concerns about your stay on Sarah Ward, please call the CNS looking after you in the Nuclear Medicine Department, Monday to Friday, 9am-5pm:

CNS thyroid service, **t:** 020 7188 4098

CNS neuroendocrine service, **t:** 020 7188 6304

Therapy coordinator, Guy's Hospital, **t:** 020 7188 4110

Guy's Hospital Nuclear Medicine Department, **t:** 020 7188 4112

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

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, Monday to Friday, 9am-5pm

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