

# Visit our Towns, not our Hospitals

East Sussex Hospitals



NHS Trust

Every year, thousands of visitors enjoy the seaside attractions and the beautiful countryside around this area. Unfortunately, many holidaymakers each year end up in need of urgent medical assistance and have their holidays spoiled. Although some of these cases are unavoidable, for others, a few simple precautions could be the difference between an enjoyable holiday or having to spend time in hospital.

## Before Your Holiday

When preparing for your holiday, there are a few simple things you can do to help stay healthy during your holiday:

- Have a health check with your GP or Practice Nurse - they will be in the best position to give you individual health advice.
- Ensure you have enough medication for your entire visit - make sure you have a couple of doses spare.
- Notify the hotel, in advance if possible, of any dietary requirements or special needs you may have.
- Make a list of:
  - Your current medication (including frequency and strength)
  - Your allergies
  - Your GP's name and contact details
  - A brief medical history
  - Your contact details and next of kin

This information is a big help to us if you have to be brought into the hospital. (See *overleaf*)

## On the day you travel

- Wear comfortable clothes and sensible shoes - remember you may have to climb up and down stairs and steps on coaches or in the hotel or guesthouse.
- If you normally feel stiff or unsteady after sitting for long periods, ask for assistance in getting off the coach or out of the car.
- Whilst travelling, ensure that you frequently move your legs and feet. Moving your feet in a circular motion, or "marching" whilst sitting can help to prevent blood clotting and deep vein thrombosis.
- Ask for assistance to carry heavy or awkward luggage.

## During your holiday

**Medication** - It's vital that you continue to regularly take all prescribed medication during your holiday, especially water tablets (diuretics). Not taking these tablets before a long journey or a day trip can seem convenient; however the effects of medication can quickly wear off and your health can deteriorate rapidly. Stopping any medication, even for a couple of days, could have life-threatening consequences.

## Exercise

East Sussex is a beautiful part of the world and we want you to enjoy it safely during your stay. Exercise is good for us all but remember not to suddenly or excessively increase the amount of exercise you take. Take regular breaks and rests to recharge your batteries.

## Diet

Occasional treats won't hurt but it is important to continue to follow any special diet that you are normally on. Remember to drink plenty, especially when the weather is hot, as you can quickly become dehydrated.

