



Coming to hospital

for a special sleep

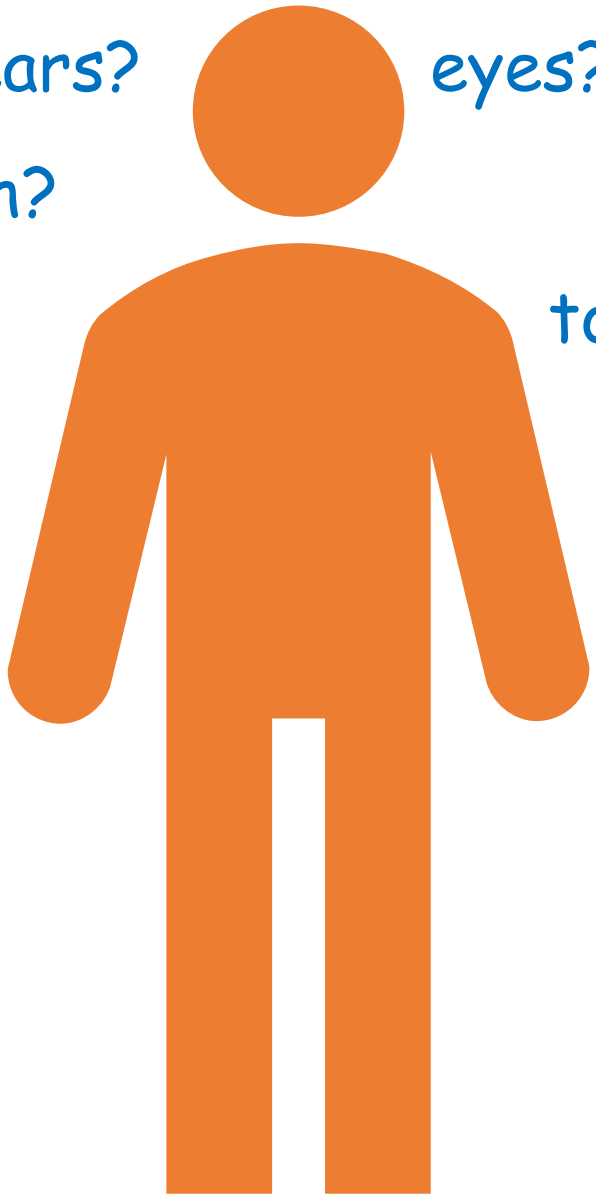
so the doctor can fix a bit of your body

that's poorly.

teamHDFT
At our best

NHS
Harrogate and District
NHS Foundation Trust

Which bit of your body is poorly and needs making better?



ears?

eyes?

teeth?

nose?

tonsils?

belly button?

thumb?

toes?

legs?

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On the day of your special sleep

come to Woodlands Ward

ROOM F107



Bring mum, dad or the person who looks after you.

They can stay with you all the time.

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We have a big play room and lots of toys.







teamHDFT
At our best

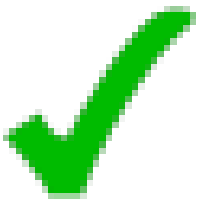
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No food before you come.

Just have water.







Bring pyjamas for your sleep

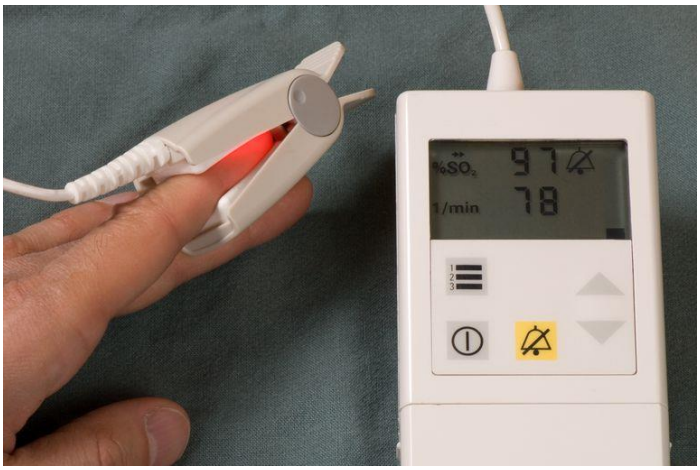


and a favourite teddy.





A nurse will take your temperature



check your heartbeat



and measure your blood pressure.



We will put some magic cream on your hands

and a name band on your arm.



When it's your turn we'll take you

and your mum, dad or carer

to the room where you have your special sleep.



You can sit on your mum, dad or carer's knee

and look at a book.



The sleepy medicine looks like milk.

It goes through a tiny straw in the back of your hand.



The cream makes it so it doesn't hurt.



The doctor might want you to breathe in the sleepy medicine through a mask.

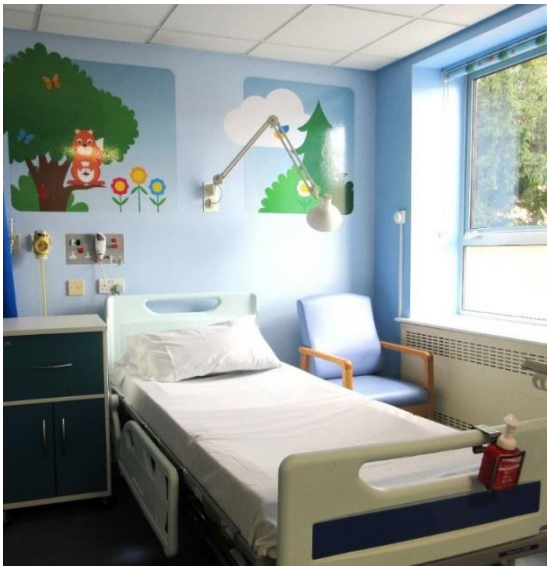


When you wake up, we get your mum, dad or carer.



You have a ride on a trolley bed

back to the ward.





You might still feel sleepy.



You can have something to drink…



…and something to eat from the food trolley.

We'll take the straw out of your hand.

It doesn't hurt.



When the nurses have checked that you are ok you will be able to go home.

