

### Directions

#### Dear Patient,

we look forward to welcoming you to our clinic. We are sending you this information in order to make your first steps at the clinic easier. Further information, such as for therapy, clinic organization and recreational activity options will be available in the information folder in your room.

#### **Your first day: Arrival and admission:**

If possible please try to arrive during the late morning or early afternoon. If your arrival will be delayed until the evening due to traffic or problems encountered during your journey, we request that you inform us as soon as possible via phone or email.

The main entrance to the clinic is in the middle building. Please register at reception immediately on arrival. You will then be collected by the staff of the ward you will be staying on and brought to your room. At this time you will be told further information. Your first consultation with the ward sister is of particular importance, in order to prepare the usual hospital paperwork, so please note the time. You will be called into the nursing staffroom on your ward for this consultation. **Please bring the following with you: medical reports (if you have them with you), your daily medication and 10 Euro deposit for your key.**

Depending on the time of your arrival you will also have the following examinations:

Recording of medical history and physical examination by the ward physicians. If you suffer from lymphedema of the limbs, volumetric measurements will be performed, as well as body weight and hip and waist measurements taken if required. This data is later used for the monitoring of therapeutic results.

The ward sisters will inform you about **mealtimes** in the canteen for mobile patients. Meals for bedridden patients are available for consumption on the ward.

#### **Telephone use:**

There is a telephone in your room. For national and international phone calls, you can purchase prepaid phone cards at the reception (value 15 Euro). The receptionist will explain the use of the card to you. Note: the prepaid card is usable from every telephone inside and outside the Földi Klinik. Therefore, no value is lost in case the prepaid card is not used up by the date of discharge.

#### **What you should bring with you:**

Exercise clothing, as comfortable as possible, with wide sleeves or wide trouser legs, depending on the location of your edema. Please note that the bandages have an additional circumference of 4 cm. Comfortable shoes (at least 2 sizes larger). Should you suffer from lymphedema of the legs bring "Bandage shoes" (these are also available at the clinic for purchase). Please bring towels as well as



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your usual clothing. There are facilities available for washing your clothes at the clinic (coin-operated washing machine and dryer).

Exercise is an important part of your therapy. Please bring sufficient exercise clothing with you and also a good supply of towels for exercising.

You may bring your own exercise pulse-rate monitor, nordic walking poles or other equipment if you have them.

Important: Please also bring your old compression garments with you..

### **Please note:**

Should you be receiving intensive insulin therapy, please bring your blood sugar monitor and test strips with you.

Do you suffer from sleep apnea syndrome? Then please also bring your breathing support apparatus and your oxygen concentrator (if applicable).

**The clinic management and staff wish you an enjoyable and successful stay at our clinic!**