

Welcome to the Cystic Fibrosis Unit (Ward 16)

Adult Cystic Fibrosis Service

Information for Patients

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Welcome to the Cystic Fibrosis Unit based on Ward 16 at Glenfield Hospital. Use the East Entrance at the hospital to find Ward 16. We hope to make sure your stay with us is as comfortable as possible. All rooms have en-suite facilities, television and WiFi.

What to do if you need to be admitted to hospital?

Your admission to the Cystic Fibrosis Unit may be planned in advance or can happen on a more urgent basis. If you feel you need to be admitted please contact the Cystic Fibrosis (CF) nurses (Monday to Friday) on **0116 250 2699** who will arrange admission.

If there are no beds available on the Cystic Fibrosis Unit, the Cystic Fibrosis team will organise a bed on the Clinical Decisions Unit (CDU). We will do your assessments and start treatment here. If you are unwell and need admission at the weekend or outside of the hours worked by the CF nurses, please ring ward 16 and speak to the nurse in charge on **0116 250 3995**.

Coming into hospital

When you come in, you may need tests like X-rays, blood tests and swab tests. If you need antibiotics, we will give you this either:

- by injection or infusion
- using a small tube into a vein (cannula), or
- using a long tube into a large vein in the arm (midline),

If you have a port-a-cath (a small medical device that sits under your skin) this will be accessed by one of the CF nurses.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Who will look after you?

CF consultants will oversee your care during your stay. They will review you 2 times a week or more often if needed. The CF nurses will review you every day (Monday to Friday) and will talk to your consultant about treatment plans. You will be reviewed daily by the ward doctors who will talk about your care with the CF team.

What to bring from home?

- Please bring your medication (including any herbal or over the counter medication) and nebuliser.
- Night and day wear
- Toiletries
- Books / magazines
- Slippers and shoes / trainers
- Laptops
- Own pillows and duvet if you want to.

Meals

Meal times (approximate):

Breakfast: 8am

Midday: 12 noon

Evening Meal: 5pm

We do hot drink rounds with snacks (biscuits, crisps, cakes) throughout the day.

A hostess or housekeeper will visit you 2 times a day to take your lunch and evening meal orders. Please tell a member of the ward team of your order if you leave your room before the order is taken.

A snack menu is available, offering toasties, crisps and cakes. Please tell the housekeeper or your nurse if you would like to order from this menu.

We will give you a restaurant pass which will let you get extra meals from the restaurant and the LEat coffee shops. Please tell the nursing staff when you leave the unit to visit the restaurant or coffee shop and when you return.

The ward does not have facilities to heat or reheat meals.

How are medicines given?

Medicine (drug) round times (approximate): **Breakfast:** 8am to 9am **Midday:** 12 noon to 1pm
Evening: 5pm to 6pm **Night:** 9pm to 10pm

If you have been prescribed intravenous antibiotics these times may change. Depending on which intravenous antibiotics you have been prescribed they may be given earlier than 8am and later than 10pm. Please speak to the CF nurse or the ward nurse about which antibiotics you have been prescribed.

Ward 16 is a very busy ward and there may be times that your medication may not be given on time. We ask that you tell the nursing staff when you leave the unit for any reason as they may be preparing your medication.

If you would like to give your own regular medications whilst you are in hospital please speak with one of the CF nurses or ward nurses.

You will need to wear a patient identification wrist band whilst you are in hospital.

Visiting

Please speak to the nurse in charge about visiting and visiting times.

Daily tests

Depending on how unwell you are, daily tests (observations) such as taking your blood pressure, temperature will need to be done between 2 to 6 times a day. It is important that these are done. If you are asleep during the day we will need to wake you so that these can be done.

Whilst you are in hospital your blood glucose will be monitored by finger prick monitoring. This needs to be done at set times. If you are used to doing them yourself then you can carry on with this.

If you are told that your blood glucose levels need testing 1 hour and 30 minutes (90 minutes) after a meal then please tell your nurse what time you have eaten and make sure that you are on the ward for this.

Going off the ward / day leave

You may leave the ward to go to the restaurant, shop and coffee shop. Please tell the nursing staff when you leave and when you return. If you need to leave the hospital for any reason such as work, appointments, please tell the nursing staff. Make sure you have taken your medications, completed your physiotherapy and agreed a return time.

The CF consultant will decide if you can have day leave. You will be told what time you will need to return to the ward. It is important that you return to the ward no later than 10pm. You must tell the nursing staff that you are back.

Car parking

There is a parking charge to park at all of Leicester's Hospitals. At Glenfield Hospital the pay machine is located at the entrance of the main car park.

- Disabled parking: If you are displaying a blue disabled badge you can park for free in the marked disabled spaces.
- Patient/Carer Saver Tickets: You can buy day / weekly / monthly saver tickets. This lets you park at a reduced cost. You can buy these at the Car Park Office. Please speak to the ward nurse if you would like to purchase.



Mixing with other patients

It is extremely important that you **do not mix** with other CF patients on the ward. This is because of the risk of passing bugs between patients (cross-infection). Doors must be closed at all times to stop cross-infection. We ask that you wear a face mask when you leave your room to go to other areas of the hospital like the restaurant and the shop. This is for your protection.

Hand sanitiser is in your room for your use.

The staff will do their best to stop the spread of infection. They will make sure they have good hand hygiene. Rooms and equipment will be cleaned between patients.

Members of the CF Team

The physiotherapy team will see you daily on the ward. This may increase depending on your needs. While you are in the hospital, the physiotherapy team will work closely with you to create a programme that is tailored to your needs.

The cystic fibrosis specialist dietitian will review you whilst you are in hospital. If supplementary feeding or increased nutritional support is needed whilst you are in hospital, the cystic fibrosis specialist dietitian will talk about this with you. They will create a treatment plan that will help you achieve your nutritional needs.

If you have diabetes which is related to your cystic fibrosis, and you or the doctors have concerns about your treatment or blood sugar levels, the diabetic nurse will review you on the ward.

The pharmacist will review your medication with you on admission and during your stay. When you are discharged they will review your medication with you to make sure you have a good supply of medication to take home with you.

Contact details

Cystic Fibrosis Team: **0116 250 2699**

Ward 16: **0116 258 3995**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk