

# Information for Patients, relatives and carers

## Bringing items of food & drink into Hospital

- The Trust provides a variety of high quality, safe & nutritious food & drinks to patients in hospital. Great care is taken to provide food, which is right for the needs of individual patients
- Choices suitable for all special dietary requirements whether medical, religious, conscientious or personal are available. Diet is part of the essential care of the patient & if it is not right the patient may not recover as quickly
- Drinks & snacks are freely available and there's generally no reason for extra food to be brought in. However, if patients or their relatives / friends do wish to supplement the hospital diet with additional items, it is essential that they follow these simple rules
- If a Patient's condition permits, any of the following items of food or drink may be brought in & kept in the bedside locker: All food must be kept covered and preferable stored within an air tight container to prevent contamination from the environment.

Always check with nursing staff what food and drink the patient is allowed, for example

- a) Patients may have swallowing difficulties and need a specially prepared diet.
- b) Patients with Diabetes may not be allowed sugary foods / drinks.
- c) Patients may not be allowed to eat or drink at all ,for example, prior to theatre / other procedures

### Types of food permitted

- Biscuits.
- Individually-wrapped cakes or cereal bars.
- Sweets / Chocolate / Crisps.
- Fruit Squash / Cordials / Mineral Water / Flavoured Water.
- Individual Cartons / Cans of Juice or Pop, which do not need to be kept in a fridge
- Fresh Fruit. (Washed)
- Make sure that any fresh fruit is provided in small quantities, which can be consumed within 24hrs to ensure freshness and avoid bruised or mouldy items
- The patient is responsible for checking the 'Use by' or 'Best before' dates before eating these items.

### In the interest of patient safety and comfort, the Trust...

- Does not permit hot food to be brought in for patients
- Does not permit protein items e.g. sandwiches, cream cakes etc.
- Does not permit nuts, peanuts & nut or peanut products to be brought onto the ward as this may cause an allergic reaction.
- Cannot provide refrigerated storage for food and drink brought-in.
- Cannot re-heat or keep warm brought-in foods.
- Cannot accept any responsibility for untoward effects resulting from eating or drinking brought-in items.