Call your doctor or present at any of our 24 Hour Emergency Units if you experience:

- Difficulty in breathing or unusual shortness of breath
- Persistent nausea, vomiting or diarrhea
- Numbness or tingling
- Chest pain
- Excessive bleeding or drainage at the operative site
- Rash, bruising or yellow skin
- Fever or chills
- Pain that is not relieved by pain medications
- Other concerns that require immediate attention

Call...
Emergency Services

Ahmed Kathrada Private Hospital
K43 Highway, Lenasia Ext 8, Johannesburg, Gauteng
+27 87 087 0642

Bokamoso Private Hospital
Plot 2435, Block 1, Mmopane, Along the Molepolole Road, Botswana
+267 369 4000

Daxina Private Hospital
1682 Impala Street Extension, Lenasia South, 1829
+27 87 087 0644

Ethekwini Hospital and Heart Centre
11 Riverhorse Drive, Riverhorse Valley Business Estate,
Queen Nandi Drive, Durban
+27 31 581 2400

Kathu Private Hospital
Frikkie Meyer Street, Kathu 8446
+27 53 723 3231

La Verna Private Hospital
1 Convent Road, Ladysmith, 3370
+27 87 087 2600

Maputo Private Hospital
Rua do Rio Inhamiara, Sommerschield II, Maputo, Mozambique
+258 214 88 600

Randfontein Private Hospital
Lister Road, Lower Ward Street Extension, Randfontein, 1759
+27 87 087 2700

Royal Hospital and Heart Centre
6 Welgevonden Street, Royldene, Kimberley, 8301
+27 53 045 0350

Shifa Private Hospital
482 Randles Road, Durban, 4091
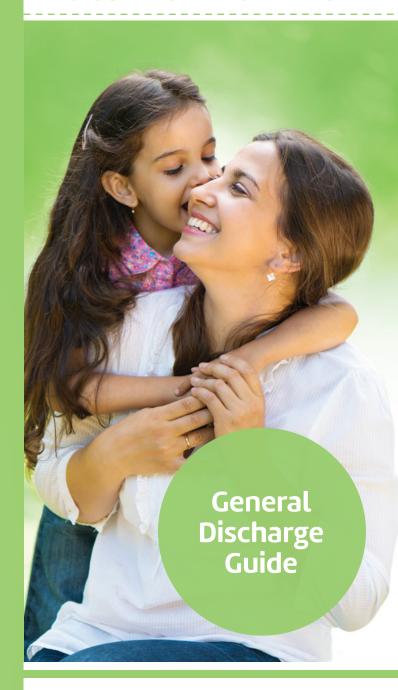+27 87 087 0641

Zamokuhle Private Hospital
128 Flint Mazibuko Street, Hospital View, Tembisa
+27 87 087 0643

Head Office
2nd Floor, Fountain View House, Constantia Office Park,
Cnr 14th Avenue and Hendrik Potgieter Road, Constantia Kloof,
Johannesburg, 1709
+27 87 087 0600

www.lenmed.com

General Discharge Guide

info@lenmed.co.za
www.lenmed.com

lenmed
Embrace every day

The Lenmed team wishes you well and hopes your recovery is a relaxing and restful time for you.

These guidelines have been compiled to assist you during your healing process.

On the day of discharge

Ensure that you have made necessary transport arrangements, we do offer a shuttle service at select hospitals to certain areas. Please ask our nursing staff to assist you if required.

Please check your room for belongings and ensure that you have everything you need.

Make sure that you have been given a proper explanation regarding your medication, if you have any concerns or questions please ask your doctor, nurse or contact our pharmacy.

Ensure you can answer yes to all these questions:

Has your doctor provided you with a thorough understanding of your condition and treatment plan?

Do you know what medication to take and when?

Do you know when or if you require a follow up?

Things you and your family should think about before you go home:

☑ It may be helpful to have someone stay with you the first 24 hours.

☑ Stock up on easy-to-prepare foods.

☑ Know whom to call in case of an emergency.

☑ Think about how you'll get to your next doctor appointment.

☑ Don't hesitate to seek assistance. We are here for you.

At-home medication safety

Before you leave, ask your doctor what new medications you need to take at home and what medications you may need to stop taking. We'll give you a list of the medications that you should take after discharge — if you don't receive a list, feel free to ask for it.

At any time please call your doctor or our pharmacy for more information or advice regarding your medication.

Know your medications

Know the name, dose, purpose and side effects of each of your medications.

Check with your pharmacist before taking over-the-counter medications or herbal and dietary supplements to see if they interact with any of your prescriptions.

Keep a list of your current medications and allergies with you at all times. Be prepared to provide your current list of medications each time you visit your doctor or be admitted to a hospital.

Fill all of your prescriptions at the same pharmacy if possible, so the pharmacist can cross-check for medication interactions.

Taking your medications

Take all medications as directed. Know what to do if you miss a dose

Never stop taking any medication unless your doctor tells you to, even if you're feeling better.

Use a pill box, diary, or calendar to keep track of when to take your medications.

Keep your medication in its original container in a cool, dry place.

Never give your prescription medicine to anyone else.

Don't keep medications beyond the expiration date. Discard all expired medications.

We wish you all the best and hope you get back to doing what you love soon!