



# Hospital Travelling Tips

## A 25% ME Group member shares tips for travel to health appointments

*As a stretcher patient with M.E. I have learned how to 'journey well'.*

*This is my baseline check list. It may be useful if you substitute your own requirements.*

### Things to consider before the journey:

- Put together a list of information to give to the health professional you are travelling to see - for example:
  - ⇒ medication being taken - prescribed or over the counter
  - ⇒ GP's name & contact details
  - ⇒ NHS number
  - ⇒ any other health problems you have as well as severe M.E.
- It is always worth considering being accompanied by an escort - partner, family-member, friend, or Red Cross volunteer (see box).

#### Red Cross - information as of October 2023

The Support at Home service may be able to help. However the situation varies from place to place. To find contact details to enquire about any assistance to get to and from medical appointments available in your area go to:

<https://www.redcross.org.uk/get-help/support-at-home>

### It is helpful too if you inform the ambulance-crew of any special needs - for example:

- That although you may look 'fit and well' you are nevertheless extremely fragile.
- That going over uneven or cobbled ground may cause you discomfort and therefore, if possible, for this to be avoided.
- That you are photo-sensitive and may need the ambulance blinds rolled down.

### Things to consider taking with you on journey:

- Manual/electric wheelchair
- Bottle of Water
- Any medication that may be needed e.g. asthma inhaler (bear in mind that you may hit traffic)
- A bed-pan and tissues in a large bag (as a 'just in case' measure - in my experience most ambulances do not carry them on board). Bed-pans can be obtained from a district nurse or physio-therapist via your G.P.
- A folded duvet or blanket to lay on the stretcher-base as most have an extremely hard surface and mattresses are rarely provided.
- Cushions too are not always provided so supply your own if required.
- Remember to take cash/cheque/bank card payment in case needed.
- Dark glasses to wear if looking-up at a fluorescent light when in the ambulance or surgery / clinic chair.

### On arrival at the clinic, be prepared - and perhaps make enquiries before leaving home:

- Whether the clinic is above the ground floor and consider how you should transfer from stretcher to wheelchair and then to chair?
- Not all surgeries are large enough to accommodate a stretcher.
- Not all lifts are large enough to accommodate a stretcher.
- Ask your escort to initially 'scout' the route before you leave the ambulance.



The 25% ME Group  
Tel: 01292 318611

e-mail: [enquiry@25megroup.org](mailto:enquiry@25megroup.org)  
website: <https://25megroup.org>

PO Box 8620 KA10 9BL