



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



Please read carefully and ensure you understand the following information. If you have any questions/concerns, please ask your nurse.

The medical team looking after you have noted you have colitis that will require treatment with medications that need to be given through a cannula (intravenous therapy). Your treatment will be provided through the Eastern Health Hospital in the Home Program (HITH) and the Gastroenterology team.

Whilst under this program, you will receive daily corticosteroids ("steroids") through a drip and may receive additional therapy ("rescue therapy") for your colitis depending on how you respond to this therapy. We anticipate that you will be treated for 3 to 5 days under this program and then you will either be discharged with gastroenterology follow up if you are improving or be admitted to hospital for further management.

Support for you at HITH clinic

You will be reviewed daily by the HITH team with input from the gastroenterology inpatient team at Maroondah Hospital as if you were a patient admitted to hospital.

Support for you at home

Hospital in the home will continue to provide medical and nursing support to you at home by calling you (either video or phone) between your clinical visits.

A doctor or nurse from HITH or the Gastroenterology team can contact you by phone during the day should any clinical issues arise between your scheduled visits to the HITH clinic. If you have any questions or are in need of additional supports, we can help arrange this.

You will be given a Thermometer and an Oximeter (a device which goes onto your finger to read the amount of oxygen in your blood) to measure your vital signs when you are at home.

Within the HITH information Pack that we give you there are instructions on how to use the Oximeter and Thermometer. If you have any difficulties using these devices, please contact HITH.

You will also be provided with the following:

- Stool Specimen Jars, please bring one specimen into the clinic daily
- Bowel Chart, please monitor and write down your bowel actions and report bowel frequency and the passage of any blood on the bowel chart and bring to clinic

How to get help

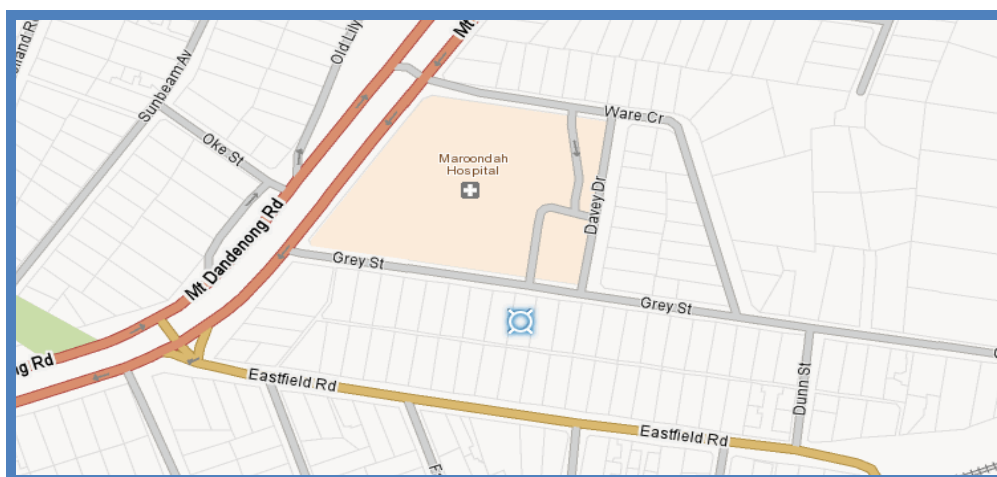
If you are not well or have concerns, call HITH on 9871-3197. A nurse will respond to your concerns 24 hours a day.

While you are home it is important to check how you are feeling. You can use the coloured checklist below to help you.

Colitis Symptom Check List for Patients			
Please monitor your symptoms and measure your temperature, oxygen level and heart rate at 3.30pm and 8.00pm every day and in the event of worsening symptoms			
	Green Zone	Amber Zone	Red Zone
Breathing	No shortness of breath	Mild shortness of breath	Significant shortness of breath, compared to usual
Oxygen level	More than 94%	Less than 94%	Less than 90%
Pulse rate	Between 60 and 90	Greater than 90 Or Less than 60	Greater than 110 Or Less than 50
Abdominal Pain	No pain	Mild pain not resolving with paracetamol	Moderate or severe abdominal pain lasting more than 15minutes
Temperature	Between 35.6 and 37.9	Greater than 37.9 Notify HITH if you are getting night sweats , chills or shakes	
ACTION Required	Continue to monitor how you feel	Call HITH on 9871 3197	Call 000 for Emergency Assistance

HITH Clinic Information

Your Appointment will be at 0800am Daily



Address: Maroondah Hospital, 1 South HITH Clinic, 1 Davey Drive, Ringwood East. **Phone:** 9871- 3197

Car Parking

Paid parking is available for the public and visitors in the on-site multi-deck car park off Davey Drive. This parking is accessible via the lower entrance to the Davey Drive public car park. A ticketed pay machine is available at the front entrance of the hospital.

Concession or discount car parking is available for eligible patients. For further information, please visit the Eastern Health Maroondah Hospital Website or phone Hospital in the Home on 9871-3197.

Eastern Health
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Website: www.easternhealth.org.au

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If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au

