While you are in the hospital, you may have tests, treatments or new medicines that could cause you to feel weak or dizzy. Even being in bed for just one day can make you feel weak. Be careful to avoid falling while you are in the hospital.

To Help Prevent Falls:

- Make sure your call light, table, telephone and anything else you need are within reach before staff leave the room.
- Ask the staff to help you as needed. Ask your nurse or doctor what activities are safe for you to do on your own.
- Ask for help before you get out of bed if you feel weak, lightheaded or dizzy.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of slip resistant socks if needed.
- Keep the side rails on your bed up. Do not lean against the side rails.
- Take your time. Move slowly. Sit at the side of the bed for a minute before you stand up.
- Never use an IV pole or anything with wheels to support you.
- Go to the toilet often so you will not have to hurry.
- Ask someone to unplug and plug in your IV pump. Bending over can cause dizziness.
• Avoid wearing long nightgowns or robes.
• Keep a light on in your room—even at night.
• Ask how to use devices such as canes, walkers and wheelchairs.

Expect that staff will:
• Check on you often.
• Respond quickly to call lights and alarms.
• Store equipment and items out of the way.
• Clean up spills or slippery spots.

Talk to your doctor or nurse if you have any questions or concerns.

• लामो नाइटगाउन वा रोब नलगाउनुहोस्।
• आफ्नो कोठामा लाइट बालेर राख्नुहोस् – रातिमा समेत।
• छही, वाल्कर र ह्युलबेयर जस्ता उपकरणहरू प्रयोग कसरी गर्न भनी सोच्नुहोस्।

• तपाईंको राम्रमबाट ध्यान राख्नौं।
• कल लाइट र अलाम्र बजाउँदा तुरुन्तै जबाब दिनें।
• उपकरणहरू र वस्तुहरूलाई बाटोबाट हटाएर राख्नौं।
• केही पोखिएको वा चिक्यो ठाउँहरूलाई सफ्का राख्नौं।

कुनै पनि प्रश्न वा जिज्ञासा भएमा आफ्नो चिकित्सक वा नर्ससँग कुरा गरुँहोस्।