

What can I eat if I am at risk of bowel obstruction?

Nutrition and Dietetics Department

Who is this leaflet for?

The information in this leaflet is for you if you:

- Have been diagnosed with bowel obstruction
- Are at risk of developing bowel obstruction
- Have stricturing Crohn's Disease
- Have a mass in your small or large intestine (bowel) and are at risk of a blockage
- Have delayed emptying of the stomach

Why is it important for me to eat the right sort of foods with bowel obstruction?

If you have a mass in your small or large intestine (also known as bowel or gut), or it is narrower than normal, you may be at risk of a blockage. You may have already been admitted to hospital with a blockage (when you are not able to open your bowels).

Some foods pass through our body without being broken down properly. They can pass through in big pieces and can increase your risk of a blockage by getting caught in a narrow space.

Eating these foods may also lead to symptoms such as pain, bloating, feeling full, feeling sick and tightness across your abdomen (stomach). You may also find it harder to pass a bowel motion.

You have been given this booklet because changing your diet can lower your risk of a blockage. Eating the right foods for you should reduce your symptoms.

What can I eat and drink?

Depending on your situation, you may need to make more changes than others. This booklet is divided into 4 stages.

Your dietitian, doctor, or specialist nurse will let you know which stage you should be following. They will also advise you when you can move to the next stage.

You may find that you have to go backwards and forwards through the stages depending on your symptoms.

You are likely to need to use nutritional supplement drinks at certain times to make sure that you are meeting your nutritional needs.

The 4 stages are as follows:

Stage 1	Clear fluids only	Page 4
Stage 2	ALL thin liquids	Page 5
Stage 3	Smooth or puréed foods only. Low fibre	Page 7
Stage 4	Soft sloppy foods. Low fibre	Page 12

Please ask your dietitian for help if you are concerned.

My Dietitian.....

Tel no.....

Email.....

What can I drink for Stage 1?

You need to follow Stage 1 if you have had a complete blockage. When your bowels start to open regularly again you will be encouraged to start to sip on **CLEAR LIQUIDS** only.

Only clear liquids are allowed. Examples are:

- Water
- Black tea
- Black coffee
- Squash
- Smooth clear fruit juice e.g. apple, cranberry juice
- Herbal and fruit teas
- Clear consommé soup (no bits)
- Hot cup of Marmite® or Bovril®

Try to sip on small amounts of drinks through the day. This is the easiest way to increase your intake of liquids. It will help to stop you getting dehydrated.

Which supplement drinks do I need during Stage 1?

It is not possible to meet your nutritional needs on clear fluids so your dietitian or doctor will prescribe nutritional supplements.

My supplement prescription:

What can I drink for Stage 2?

If your bowels have been opening regularly, you will be advised to move to Stage 2. This means that you can have **ALL forms of liquids**.

- The liquids need to be a thin consistency i.e. no thicker than whole milk.
- The liquids need to be completely smooth with no bits.
- The liquids need to be low in fibre e.g. thin smooth fruit juice with no bits – no smoothies.

The following drinks provide energy, protein and vitamins and minerals. Always use whole milk where possible.

Whole milk / milk with Nesquik® or Milo®	Milky coffee / latté / cappuccino
Yoghurt drinks	Hot chocolate
Thin milkshakes	Horlicks® / Ovaltine®
Thin smooth soups	Thin smooth fruit juice (no bits)
Thin custard	Jelly / milky jelly
Ice cream	

You can also include the clear fluids from Stage 1 on page 4.

Try to sip on small amounts of drinks throughout the day. This is the easiest way to increase your intake of liquids. It will help to stop you getting dehydrated.

Which supplement drinks do I need during Stage 2?

It may not be possible to meet your nutritional needs on liquids only so your dietitian or doctor will prescribe nutritional supplements.

My supplement prescription:

What do I do if my symptoms return?

If you start to experience any of the following, please contact your doctor or dietitian immediately.

- Nausea (feeling sick)
- Vomiting
- Feeling full after drinking
- Your bowels do not open for more than 2 days
- A feeling of 'tightness' across your stomach
- Abdominal (tummy) pain.

These symptoms could be a sign that your bowel may be blocked. It is important to speak to your dietitian so that they can advise you what to do. If you are unable to speak to them immediately, return to Stage 1 and clear fluids only.

What can I eat and drink for Stage 3?

If your bowels are opening regularly and you are not in any pain after several days of Stage 2 drinks, your dietitian or doctor will ask you to move to Stage 3.

This means that you can start to eat **SMOOTH OR PURÉED FOODS**, as well as all liquids (see pages 4 and 5).

- Always eat small portions several times during the day. A usual meal pattern is not appropriate.
- Aim for 3 small meals and 3 snacks daily.
- All food needs to be smooth.
- All food should be able to 'fall off' a spoon easily.
- All food should be swallowed without needing to chew it.
- All food should be low in fibre.
- You can have one portion of fruit and one portion of vegetables each day **ONLY**. Some fruit and vegetables must be completely avoided. See pages 18 - 26 for a list of foods allowed and foods to avoid.

Tips for following a soft smooth/purée diet

- Equipment: Using a hand blender is the simplest way of producing puréed foods.
- Puréed foods can look more appetising if they are presented separately e.g. separate a puréed meat casserole from the (allowed) vegetables and potatoes.
- Colour is also important e.g. try serving brightly coloured vegetables such as puréed carrots with mashed potato and puréed chicken and sauce/gravy.
- Cooked foods should be cut into small pieces then liquidised, blended or mashed, and if necessary sieved to a smooth consistency.
- You will need to add extra liquid to most foods before or after they have been puréed. To improve the taste and nutritional value; add whole milk, melted butter, cream or creamy soup instead of water.
- Remove tough skins and large seeds before blending.

What foods do I need to avoid during Stage 3?

Some foods need to be completely avoided (even if puréed). Please look at the lists on pages 18 - 26 for more details.

What can I eat for breakfast during Stage 3?

- 'Soggy' cereal e.g. cornflakes or rice krispies soaked in whole milk
- Puréed sweetened fruit - tinned pears, stewed fruit, fruit compote (one portion of fruit per day)
- Full fat smooth yoghurt or fromage frais
- Glass of fruit juice (no bits)
- Milkshake
- Smooth scrambled egg.

Add sugar, syrup, honey, jam, cream, butter or full cream milk to add extra nutrition.

What can I eat for my meals during Stage 3?

Meat and alternatives

- Purée cooked meat before adding liquid, to avoid a grainy texture and then add gravy.
- Try one of the following to add flavour: redcurrant jelly, mint jelly, soy sauce, tomato sauce, Worcestershire sauce, smooth mustard.
- Chopped, cooked meat such as ham can be added to sauces before blending.
- Puréed fish with added white sauce, parsley sauce, cheese sauce or tartar sauce.
- Eggs e.g. scrambled egg with added grated cheese.
- Bowl of smooth creamy soup (homemade or tinned).
- Smooth egg mayonnaise.

Use whole milk when preparing sauces or blending foods and try adding grated cheese into dishes such as fish pie and mashed potato. Yoghurt or cream cheese can also be stirred into soups or vegetables after blending.

Starchy Foods and Vegetables

- Potatoes, sweet potato, and butternut squash
- Cook and mash with butter, yoghurt, grated cheese and/or whole milk
- Add to stews and soups before blending
- Pasta, ground rice, white couscous, polenta
- Purée with a sauce (e.g. a smooth tomato, cheese or curry sauce)
- Add extra butter, olive oil, cream, grated cheese, coconut milk or whole milk
- Purée or mash (allowed) vegetables with a sauce or a little extra liquid

Add butter, spread, cream, grated cheese, cream cheese and crème fraiche to add extra nutrition.

What can I eat for pudding during Stage 3?

- Smooth milk puddings e.g. custard, ground rice pudding, semolina, tapioca
- Sponge blended with plenty of cream, custard or ice cream
- Blancmange, mousse, fruit fool, milk jelly, Angel Delight®, instant whip
- Tinned and stewed fruit, fruit crumble blended to a smooth consistency with added cream, yoghurt, ice cream or custard (one portion of fruit per day)
- Full fat smooth yoghurt, fromage frais, egg custard, crème caramel
- Smooth ice cream, sorbet, frozen yoghurt

Add sugar, syrup, honey, seedless jam or marmalade, lemon curd, treacle, cream, custard, ice cream, crème fraiche, evaporated or condensed milk to add extra nutrition.

What can I eat for a snack during Stage 3?

Puddings can be eaten at any time of the day as a snack.

Choose 'full fat' products for extra nutrition.

- 'Dunked' plain biscuits in a warm milky drink e.g. rich tea, custard creams
- Sponge cake puréed with chocolate sauce
- Ready-made smooth desserts, chocolate mousse, ground rice pudding
- Bowl of cornflakes or rice krispies soaked in whole milk
- Crisps that 'melt-in-the-mouth' e.g. Skips®, Wotsits®, Quavers® and smooth dips e.g. sour cream, guacamole, taramasalata.

What can I drink during Stage 3?

It is important to drink plenty of fluid each day to prevent dehydration.

You can choose any of the liquids listed in Stage 1 or Stage 2 on pages 4 and 5

Which supplement drinks do I need during Stage 3?

It may not be possible to meet your nutritional needs with diet alone in Stage 3, so your dietitian or doctor may prescribe nutritional supplements.

My supplement prescription:

What do I do if my symptoms return?

If you start to experience any of the following, please contact your doctor or dietitian immediately.

- Nausea (feeling sick)
- Vomiting
- Feeling full after eating or drinking
- Your bowels do not open for more than 2 days
- A feeling of 'tightness' across your stomach
- Abdominal (tummy) pain

These symptoms may be a sign that your bowel may be blocked. It is important to speak to your dietitian so that they can advise you what to do. If you are unable to speak to them immediately, return to Stage 1 and clear fluids only.

What can I eat and drink for Stage 4?

If your bowels are opening regularly and you are not in any pain after several days on Stage 3 consistencies, your dietitian or doctor will ask you to move to Stage 4.

This means that you can start to eat **SOFT SLOPPY FOODS**, as well as all liquids (see pages 4 and 5).

- Always eat small portions several times during the day.
- All food needs to be soft and sloppy.
- All food should be chewed well before you swallow each mouthful.
- Make sure all your meals have additional sauce or gravy to moisten them.
- All food should be low in fibre.
- You can have one portion of fruit and one portion of vegetables each day **ONLY**. Some fruit and vegetables must be avoided. See pages 18 - 26 for a list of foods allowed and foods to avoid.

Tips for following a soft sloppy diet

- Taking foods little and often is advisable.
- Aim for small frequent meals and snacks, rather than 3 meals per day.
- Using sauces, butter, gravy, cream or custard can help to soften foods and keep them moist.
- Foods can be softened by chopping, mincing and mashing.
- Small sips of a drink can help with swallowing foods.
- Avoid foods that need a lot of chewing or do not break down well when chewed, such as bread, meat and pastry.

What foods do I need to avoid during Stage 4?

Some foods need to be completely avoided. Please look at the lists on pages 18 - 26 for more details.

What can I eat for breakfast during Stage 4?

- 'Soggy' cereal e.g. cornflakes or rice krispies soaked in whole milk
- Ready Brek® with plenty of whole milk
- Puréed sweetened fruit - tinned pears, stewed fruit, fruit compote (one portion of fruit per day)
- Full fat smooth yoghurt or fromage frais
- Glass of fruit juice (no bits)
- Milkshake
- Omelette, scrambled, poached or soft, boiled egg.

Add sugar, syrup, honey, jam, cream or full cream milk to add extra nutrition.

What can I eat for my main meal during Stage 4?

Meat and alternatives

- Shepherd's pie, cottage pie, corned beef hash (no onions). Always add gravy
- Minced cooked meats (no onions) with plenty of gravy or sauce
- Poached fish in sauce (check for bones)
- Quorn or soya mince dishes with plenty of gravy
- Fish pie, fish mornay
- Tinned fish (tuna, salmon) with plenty of mayonnaise or sauce
- Scrambled egg, cheese omelette, egg mayonnaise
- Fillings from quiche (no onions), soufflés
- Cheese sauce (e.g. cauliflower cheese, macaroni cheese, carbonara).

Starchy Foods

- Mashed or boiled potatoes, or instant mashed potato
- Mash the inside of a jacket potato with butter and soft filling (no skin)
- Tinned spaghetti or ravioli
- Pasta with a smooth creamy sauce
- White rice with plenty of sauce

Add butter, spread, cream, grated cheese, cream cheese or crème fraiche to add extra nutrition.

What can I eat for pudding during Stage 4?

- Milk puddings e.g. custard, rice pudding, semolina, tapioca
- Sponge pudding or cake with cream, smooth ice cream or custard to soften
- Blancmange, mousse, fruit fool, trifle, milk jelly, Angel Delight®, Instant whip
- Stewed fruit, fruit crumble softened with cream, custard or ice cream (one portion of fruit per day)
- Smooth yoghurt, fromage frais, egg custard
- Smooth ice cream, sorbet

Add sugar, syrup, honey, seedless jam or marmalade, lemon curd, treacle, cream, custard, ice cream, crème fraiche, evaporated or condensed milk to add extra nutrition.

What can I eat for a snack meal during Stage 4?

- Bowl of creamy smooth soup
- Pasta mixed with sauce e.g. creamy cheese, chicken tikka, coronation chicken
- 'Melt-in-the-mouth' crisps, crackers or breadsticks with dips e.g. sour cream, taramasalata, tzatziki (no cucumber), smooth guacamole
- Tuna, salmon or egg mayonnaise
- Tinned spaghetti or ravioli
- Avocado with flaked crab meat or prawns in a cocktail sauce
- Scrambled, poached or soft boiled eggs.

What sweet snacks can I eat between meals during Stage 4?

- 'Dunked' plain biscuits in a warm milky drink e.g. rich tea, custard or bourbon creams
- Fruit fools, mousses, instant whips or crème caramel
- Milky puddings e.g. custard, rice pudding
- Yoghurt or fromage frais
- Smooth ice-cream, mini ice-creams, choc ices, frozen yoghurt
- Cornflakes or rice krispies soaked in milk
- Smooth chocolate bars.

What savoury snacks can I eat between meals during Stage 4?

- 'Melt-in-the-mouth' crisps e.g. Skips®, Wotsits®, Quavers®
- Cheese spread or cream cheese
- Cheese triangles
- Light 'melt in the mouth' crackers e.g. Ritz® crackers, Tuc® biscuits, bread sticks with dips e.g. sour cream, taramasalata, tzatziki (no cucumber), smooth guacamole.

What can I drink during Stage 4?

It is important to drink plenty of fluid each day to prevent dehydration. You can choose any of the liquids listed in Stage 1 or Stage 2 on pages 4 and 5.

Which supplement drinks do I need during Stage 4?

It may not be possible to meet your nutritional needs on diet alone, so your dietitian or doctor will prescribe nutritional supplements.

My supplement prescription:

What do I do if my symptoms return?

If you start to experience any of the following, please contact your doctor or dietitian immediately.

- Nausea (feeling sick)
- Vomiting
- Feeling full after eating or drinking
- Your bowels do not open for more than 2 days
- A feeling of 'tightness' across your abdomen (stomach)
- Abdominal (tummy) pain.

These symptoms may be a sign that your bowel may be blocked. It is important to speak to your dietitian so that they can advise you what to do. If you are unable to speak to them immediately, return to Stage 1 and clear fluids only.

What can I eat and drink after Stage 4?

If your bowels are opening regularly and you are not in any pain after several days on Stage 4 you may need to continue on these consistencies. However, you may be able to change your diet further. Please speak with your dietitian or doctor before making any further changes.

Which foods can increase my risk of a blockage?

It is important to completely avoid the foods that may increase your chance of getting a blockage. We advise that you follow a strict LOW FIBRE diet because fibre is not easily digested and can pass through the intestines in large lumps. The lists below will help you make the right choices.

The foods you are allowed to eat may need to be mashed or puréed. Always check with your dietitian if you are unsure.

Some of the foods on the 'allowed' lists may not be suitable in some of the Stages. Always check with your dietitian if you are unsure.

What fruit can I eat?

Foods allowed - limit to one portion per day ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ Fruit juice (no bits) ■ Bananas ■ Mango, papaya ■ Pineapple (without the core) ■ Melon, watermelon ■ Fruit with the skins removed e.g. peeled apples, pears, peaches, plums, nectarines, apricots ■ Puréed, stewed or cooked fruit (without skins, pips or stones) ■ Tinned fruit ■ Fruit sauces and coulis with pips removed e.g. sieved raspberry coulis, apple sauce 	<ul style="list-style-type: none"> ■ Fruit juice with bits ■ Smoothies ■ Fruits with skins on e.g. grapes, cherries, blueberries ■ Citrus fruit ■ Coconut ■ Pineapple core ■ Rhubarb ■ Berries and fruits with seeds e.g. strawberries, raspberries, blackberries, kiwi, pomegranate, passion fruit ■ All dried fruit e.g. raisins, cranberries, apricots, prunes, dates

What vegetables can I eat?

Foods allowed - limit to one portion per day ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid	
<ul style="list-style-type: none"> ■ Well-cooked root vegetables e.g. carrots, parsnips, swede, turnips ■ Butternut or gem squash ■ Pumpkin ■ Peeled marrow, courgette, patty pan ■ Well-cooked cabbage, broccoli and cauliflower (no tough stalks) ■ Peeled and de-seeded tomato, cucumber, peppers ■ Avocado ■ Smooth vegetable soups ■ Well-cooked onion and garlic (as a paste) 	<ul style="list-style-type: none"> ■ All skins, pips and seeds ■ Tough stalks of vegetables e.g. cauliflower, broccoli ■ Raw vegetables ■ Asparagus ■ Aubergine ■ Brussels sprouts ■ Leeks, spring onions ■ Raw or undercooked onion and garlic ■ Pickled onions, gherkins ■ Sweetcorn ■ Mushrooms ■ Peas, sugar snaps, mangetout ■ Green, french and runner beans 	<ul style="list-style-type: none"> ■ Broad beans ■ Spring greens ■ Beetroot ■ Celery ■ Radish ■ Lettuce, rocket, watercress, salad leaves and spinach ■ Chicory, fennel ■ Whole tomatoes ■ Olives ■ Bean sprouts ■ Pak choi ■ Soup with whole vegetables e.g. minestrone

What starchy foods can I eat?

Breads and Cereals

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ Rice Krispies®, Cornflakes®, Cocopops®, Frosties®, Cheerios® ■ Ready Brek® (Stage 4 only) ■ White flour, cornflour, rice flour, potato flour (to make sauces) ■ ‘Melt-in-the-mouth’ Melba toast, crackers and crispbreads (without seeds & grains) 	<ul style="list-style-type: none"> ■ Wholemeal, wholegrain and bran cereals e.g. All Bran®, Branflakes®, Weetabix® ■ Special K® ■ Cereals containing dried fruit, seeds or nuts e.g. Sultana Bran®, Fruit n Fibre®, Muesli, Crunchy Nut Cornflakes® ■ Rolled oats, porridge, Ready Brek® ■ Granola ■ Wholemeal flour, wholegrain or granary flour, bran ■ Chickpea flour, cornmeal ■ ALL bread, wraps, pitta, rolls, baguettes, bagels ■ Crumpets, muffins, scones, pancakes ■ Croissants, brioche ■ Wholegrain or seeded crackers or crispbreads ■ Oat cakes, rice cakes, corn cakes ■ Cereal bars

Potato Rice and Pasta

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none">■ Peeled white or sweet potatoes■ White rice■ White pasta■ Rice pudding■ White couscous, bulgur wheat, tapioca, sago	<ul style="list-style-type: none">■ Skins of jacket potatoes■ Brown & wild rice■ Wholemeal pasta■ Hash browns■ Yorkshire pudding■ Pastry■ Waffles■ Barley, pearl barley, spelt, quinoa, gnocchi, bulgur wheat

What protein foods can I eat?

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ All types of fish, meat and meat products i.e. fresh, frozen, tinned ■ Smooth paté and liver sausage ■ Eggs ■ Tofu ■ Quorn ■ Soya mince ■ Smooth peanut butter ■ Other smooth nut butters 	<ul style="list-style-type: none"> ■ Skin and bones of fish ■ Convenience items which contain whole grains and vegetables e.g. onions, peppers ■ Coarse paté made with onions ■ All varieties of pulses e.g. lentils, chickpeas ■ All varieties of beans e.g. borlotti, cannellini, kidney, soya, baked beans and broad beans ■ All nuts ■ All seeds e.g. sunflower, pumpkin, sesame, poppy ■ Crunchy peanut butter ■ Chunky houmous (with bits)

What dairy foods can I eat?

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none">■ All types of milk e.g. cow's, goat's, sheep's, soya, rice, oat■ Cream, crème fraiche■ Buttermilk■ All types of melted cheese (without dried fruit and nuts)■ Butter, margarine, spread■ Smooth yoghurt■ Smooth ice cream and sorbet■ Custard	<ul style="list-style-type: none">■ Cheese containing dried fruit or nuts■ Yoghurt containing whole fruit, nuts or seeds or pips■ Ice cream and sorbet containing nuts, seeds and whole fruits

What sweet treats can I eat?

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ Cakes made with white flour (without dried fruit or nuts) softened with cream or custard ■ Plain biscuits e.g. Rich tea, custard creams dunked in tea ■ Jelly (without fruit) ■ Boiled sweets ■ Smooth milk, white or plain chocolate (without dried fruit and nuts) 	<ul style="list-style-type: none"> ■ Cakes made with wholemeal or wholegrain flour ■ Cakes made with dried fruit and nuts ■ Wholemeal and wholegrain biscuits e.g. Digestives, Hobnobs® ■ Biscuits containing dried fruit e.g. fig rolls, Garibaldi® ■ Hot cross buns, tea cakes, fruit scones ■ Crumpets, muffins ■ Cereal bars containing dried fruit and nuts ■ Flapjacks ■ Jelly made with fresh berries ■ Chocolate with nuts and dried fruit ■ Nougat ■ Toffee ■ Jelly sweets ■ Marshmallows

What savoury treats can I eat?

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ 'Melt-in-the-mouth' crisps e.g. Quavers®, Wotsits®, Skips® ■ Melba toasts ■ "Melt-in-the-mouth' crackers ■ Plain bread sticks ■ Mini cheddars or TUC® sandwich biscuits ■ Smooth dips e.g. taramasalata, smooth guacamole 	<ul style="list-style-type: none"> ■ Nuts ■ Popcorn ■ Bombay Mix ■ Dips that contain whole tomatoes, cucumbers, onions e.g. salsa, tzatziki ■ Crisps and bread sticks that do not melt in the mouth ■ Cheese straws

What condiments can I eat?

Foods allowed ALWAYS CHECK IF THESE NEED TO BE PURÉED	Foods to avoid
<ul style="list-style-type: none"> ■ Tomato ketchup ■ Smooth mustard ■ Brown sauce ■ Worcester sauce ■ Soya sauce ■ Mayonnaise, salad cream ■ Salt and pepper ■ Dried herbs ■ Powdered spices ■ Gravy ■ Seedless jam or marmalade ■ Lemon curd ■ Honey ■ Golden syrup, maple syrup ■ Marmite®, Vegemite®, Bovril® 	<ul style="list-style-type: none"> ■ Pickles & relishes ■ Chutneys ■ Wholegrain mustard ■ Stalks & leaves of fresh herbs ■ Jam with seeds ■ Marmalade with peel ■ Salad dressing with wholegrain mustard

Contact details

If you have any questions about the information in this leaflet please contact the Dietetic Department at the address below:

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PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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