



## Mr Minogue's story

I went to the kitchen sink for a drink of water, fainted and had a fall.

I lay on the floor for four hours, but luckily I was able to direct my walking stick at the phone to ring the ambulance. The ambulance service got through the window and brought me into the emergency department. My leg was very sore because I had fractured my hip – it already had a hip replacement. They gave me pain-relief overnight and transferred me to the ward.

I spent five days in traction and then went to theatre. Being in traction you can't really move and you can't get up.

Constipation is a horrible thing. In my first three weeks in hospital, I only went three times. The first time took nine days and then there was another period of five days. Staff were trying to help me but it wasn't happening.

It's not a happy experience. It's hard on the tummy and feels like it cuts you in half – not pleasant. I am glad we are being pro-active with preventing this. I am now trying to balance between not going and going too much.



Image used with permission