If I had known ... I wish I had known ...

Study this example situation:
Last month Gary was in hospital for a few days. Rachel didn't know this, so she didn't go to visit him. They met a few days ago. Rachel said:
If I'd known you were in hospital, I would have gone to see you.
Rachel said: If I'd known (= If I had known) you were in hospital. This tells us that she didn't know.
We use if + had ('d) to talk about the past (if had known/been/done etc.): I didn't see you when you passed me in the street. If I'd seen you, of course I would have said hello. (but I didn't see you) I didn't go out last night. I would have gone out if hadn't been so tired. (but I was tired) If he had been looking where he was going, he wouldn't have walked into the wall. (but he wasn't looking) The view was wonderful. If I'd had a camera with me, I would have taken some pictures. (but I didn't have a camera) Compare:
 I'm not hungry. If I was hungry, I would eat something. (now) I wasn't hungry. If I had been hungry, I would have eaten something. (past)
Do not use would in the if -part of the sentence. We use would in the other part of the sentence: If I had seen you, I would have said hello. (not If I would have seen you) Note that 'd can be would or had: If I'd seen you, (I'd seen = I had seen) I'd have said hello. (I'd have said = I would have said)
We use had (done) in the same way after wish. I wish something had happened = I am sorry that it didn't happen: I wish I'd known that Gary was ill. I would have gone to see him. (but I didn't know) I feel sick. I wish I hadn't eaten so much cake. (I ate too much cake) Do you wish you'd studied science instead of languages? (you didn't study science) Do not use would have after wish: The weather was cold when we were on holiday. I wish it had been warmer. (not I wish it would have been)
Compare would (do) and would have (done): If I'd gone to the party last night, I would be tired now. (I am not tired now – present) If I'd gone to the party last night, I would have met lots of people. (I didn't meet lots of people – past)
Compare would have, could have and might have: We would have gone out. We could have gone out. (= we would have been able to go out) we might have gone out. (= perhaps we would have gone out)