

CHECKLIST What to Bring

Packing Reminders

There are several things you need to bring to the hospital when you arrive for surgery. Be sure to give yourself enough time to gather it all before the surgery date.

Medicine and Supplement Information

Bring to the hospital:

- Information about the medicines and supplements the patient takes, including:
 - **Names** of the medicines and/or vitamin, mineral, herbal or dietary supplements
 - **Doses** taken
 - **Concentration** of those doses
 - **Times** of day the medicines and/or supplements are taken
 - **Methods** the patient uses to take the medicines and/or supplements (examples: swallows pills; inhales; applies to skin; receives through an IV tube)
- Name and phone number of your local pharmacy

Do **NOT** bring any medicines or supplements (including herbal supplements) to the hospital unless you've been instructed to do so. If the patient needs medicines while here, we'll provide them through the Gillette pharmacy.

Medical, Insurance and Legal Information

Bring to the hospital:

- Completed Health History and Physical Examination form and required lab results
- Health insurance and prescription card(s)
- Copies of insurance paperwork, such as prior authorization forms
- Proof of guardianship (if applicable), which is required if a legal guardian is giving consent for surgery (**Without consent, surgery might be canceled.**)
- List of diet restrictions (if applicable)
- Copy of the patient's bowel and bladder program (if applicable)
- Advance health care directives, if the patient has any

We'll make copies of documents you bring, and we'll give the originals back to you.

Contact Information

Please bring us names and phone numbers of the patient's:

- Primary health care provider
- Guardian, conservator or parents
- Social worker
- Care attendant, home care provider and/or group home caregivers

Adaptive Equipment

If possible, bring adaptive equipment the patient uses at home, which might include:

- Wheelchair
- Orthoses
- Walker
- Crutches
- Communication devices

Clothing

For a hospital stay, pack some of the patient's own clothes, including:

- Loose, comfortable clothes that are easy to put on and take off (Elastic waistbands can be helpful. If you know the patient will go home with a cast, try to bring items that can fit over it.)
- Underwear and socks
- Bathrobe that wraps in front and ties at the waist
- Comfortable athletic shoes
- Flat slippers with rubber soles

We provide **pajamas** and access to **laundry** machines.

Personal Items

Bring what the patient needs for daily living, plus items that will make the hospital stay more comfortable and enjoyable. Items can include:

- Shampoo and conditioner
- Hairbrush
- Toothbrush and toothpaste
- Eyeglasses and/or contact lens supplies
- Hearing aids
- Infant formula and/or nutritional supplement formula
- Stuffed animal, blanket and/or other security items
- Pillows (The patient may bring a favorite pillow for sleeping. If the patient will go home with a cast, bring pillows to rest it on during the ride home.)
- Toys
- Books, DVDs and CDs
- Personal photographs and decorations to make the hospital room feel more like home

Packing Notes

- Place **labels** displaying the patient's name on all items you're bringing from home.
- **Wash** pillows, stuffed animals, blankets and similar items you're bringing to Gillette. This helps reduce the risk of infection.
- Keep in mind that Gillette has limited **storage space** for luggage and personal belongings.
- Don't plan to store **valuable belongings** at the hospital.