



Preparing for a Hospital Stay

No one likes going to the hospital, but knowing what to take with you (and what not to) will make your stay more comfortable. Here is a list of items you will want to have with you:

- ❑ A list of your current medications, past medications (especially notes about allergies and medications to which you have had adverse effects or have not worked) and medical history. *An online personal health record may be the best way to accomplish this, and you can ask hospital staff to access it or gain access from your smartphone (or that of a caregiver). If you prefer paper, bring the notebook or file with you and preferably, have a backup copy.*
- ❑ A list of important phone numbers (can be stored in your online record or cell phone if you have one)
- ❑ Insurance cards
- ❑ Copies of important legal documents (your healthcare surrogate/proxy, living will/advance directives)
- ❑ A notepad for keeping notes of items explained to you and questions you might have, as well as jotting down phone numbers and notes
- ❑ Puzzle books, magazines, books, ipod (and charger) to keep you entertained
- ❑ Slippers (and/or non-slip socks), robe, comfortable clothes (and something to go home in), flip flops/shower shoes
- ❑ An extra blanket or bed jacket if you tend to get cold
- ❑ DO NOT bring valuables and make sure the hospital catalogs any jewelry and personal items on admission if you do.
- ❑ While you don't want to bring valuables, a small amount of cash for vending machines may be useful.
- ❑ Cell phone and charger

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- ❑ Eye glasses and hearing aids
- ❑ Consider ear plugs and an eye covering if you are a light sleeper (though you may be awakened by hospital staff checks, this may help you sleep through general noise).
- ❑ The “little things” that bring comfort: might be your lipstick or other toiletries, your journal or Bible, fuzzy socks or slippers

[EasyLiving home caregivers](#) can assist you in packing a bag and ensuring you have all the items you will need, in addition to transporting you to the hospital and running errands or picking up needed items once you are admitted. We also provide hospital companions to stay with you or a loved one for additional safety and one-on-one attention during a hospital stay or emergency room visit.

[CONTACT US TODAY](#) at 727-447-5845 for immediate assistance or more information.