

What to bring to hospital

Everybody coming to hospital, bring:

- Comfortable day clothes**
- Shoes/trainers**
- Glasses, hearing aids and dentures.** Bring the cases for your glasses and hearing aid so you can put them away safely.
- A book or ebook reader, tablet computer, mobile phone and charger** and you can use our free patient wi-fi service to browse the internet.
- If you have **equipment to support your mobility** such as a **walking aid**, please name this and bring it with you.

Please don't bring:

- ✗ Valuable items such as jewellery or large sums of money.
- ✗ Smoking and vaping equipment as it is not allowed in hospital. We can help you be smoke free or make a start to quit smoking altogether while in hospital, just ask us about this.

Medicines

- Bring **your medicines** (including medicines bought at the supermarket and pharmacy, and natural medicine), especially if you have to come to hospital unexpectedly.
- Bring your **medication list** (yellow card) if you have one.

The medications will not be used while you stay in hospital, except as a temporary measure until we can obtain a supply. We will then store your own medications in a dedicated area on the ward.

If you have any questions, please talk to your nurse, doctor, or the ward pharmacist.

Patients staying overnight (known as inpatients), bring:

- Night-dress or pyjamas for sleeping.** You can also bring your own pillow and pillowcase (we provide blue pillowcases for your head).
- Toiletry items**, such as toothbrush, toothpaste, etc.
- If you wear dentures, please bring your **dentures cleaning container**.
- Spare clothes**, underwear, socks, top, pants etc.
- We recommend that you **name any personal items** you need to bring into hospital.
- Make arrangements for a friend or relative to do your **personal laundry** if staying a long time.
- If you live alone, cancel services such as **Meals on Wheels, home help** and **newspaper delivery**.
- Ask a trusted neighbour or friend to collect your post** while you are away.