

What to bring to hospital

- Comfortable day clothes
- Supportive well-fitting footwear with closed back, low heel and non-slip sole
- Glasses, hearing aids and dentures. Bring the cases for your glasses and hearing aid so you can put them away safely
- If you have equipment to support your mobility such as a walking aid, please name this and bring it with you
- Book/eBook reader/tablet/mobile phone, headphones, charger and you can use our **free patient wi-fi service**.

Please note: When using electronic devices in hospitals:

- Be respectful of others and turn the volume down or use headphones
- Mobile devices interfere with medical equipment at close range - all mobile phones must be turned off when within 1 metre of medical equipment

Medicines

- Bring your medicines (including medicines bought at the supermarket and pharmacy, and complementary, alternative or natural therapies), 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 (inpatients), bring:

- We recommend you name any personal items you need to bring into hospital for your stay
- 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.
- Spare clothes
- Please bring enough changes of clothing for the length of your stay, we also suggest you bring an extra bag for your laundry
- If you wear dentures, please bring your cleaning container
- If you live alone, cancel services such as Meals on Wheels, home help and newspaper delivery for the time you are in hospital
- Ask a trusted neighbour or friend to collect your mail

Please do not bring:

- Valuable items such as jewellery or large sums of money
- Smoking and vaping equipment as it is not allowed. **We can help you be smoke free** while in hospital.