

Preparing for Your Hospital Stay

Being in the hospital can be difficult. The transplant team encourages you to bring personal items to make the hospital room feel more at home. Items from home can also provide distraction and often help decrease stress and boredom. The items listed below are offered as suggestions. Remember, your room size is limited. Check with your nurse coordinator or social worker if you have questions about items not on this list.



Items you ***must*** bring:

- One copy of your Medical Durable Power of Attorney and Living Will
- Your transplant education binder
- Your current list of medications you take

Items to ***consider*** bringing:

- Pajamas, sweats, or loose fitting, comfortable street clothing to change daily
- Clean underwear to change daily
- Slippers with non-skid bottoms or slip on shoes
- Shoes to walk the halls/ride exercise bikes
- Hangers for the closet
- Turbans, scarves, or hats (in case you feel chilly after losing your hair)
- Pillows, blankets, and stuffed animals may be brought in, however they should be machine washed before bringing into the room. They must be

sanitary. Avoid feather pillows. New items do not need to be washed before bringing them into the room

- Electric razors only
- Soft toothbrush, toothpaste
- Nail file or emery board
- Make-up in new, unopened containers only (keep to a minimum)
- Menstrual pads (we only stock very large bulky ones), do not use tampons
- Night light
- Silk plants/silk flowers
- Favorite family photos or decorations
- Personal address/phone book
- Cell phones and chargers
- Electronic devices (cell phones, laptops, tablets, etc) and chargers
- Leisure activities such as magazines, books, puzzles, games, cards, or crafts
- A journal, stationary, stamps and envelopes (consider pre-addressing them)
- Snacks for your room
- 1-2 days quantity of perishable food items may be brought in and stored in the refrigerator in room.

Items *not* to bring:

- Contacts
- Dental floss
- Tampons
- Cologne/perfume/body spray/lotion with fragrance
- Refrigerators or other small appliances
- Fans
- Live plants and flowers
- Valuables
- Tight restrictive clothing
- Disposable razors
- Finger nail-clippers
- Artificial nails
- Multiple dose eye drops

- Sources of standing water (humidifiers, vases of water with flowers, etc)
- Home medications (Actual) - Do bring a list of current medications
- Bar soap or loofah
- Diffusers

* Refer to Section 4 for information on what to expect during your hospital stay.

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