HeartWare Community Outing Checklist

What items do I bring on my community outing?

It is important to bring a suitcase/bag/backpack so you can carry the following items during your outing:

- Three (or more) fully charged batteries
- Extra controller
- Alarm adapter
- AC adapter
- DC (car) adapter
- HeartWare Manual
- Discharge binder with emergency phone numbers
- Blood pressure cuff (provided by U of M)
- Doppler blood pressure monitor (provided by U of M)
- Cellular phone

Additional necessary items:

- You can get the following items from your bedside nurse if needed:
  - Medication
  - Insulin pen
  - Sliding scale for insulin administration
  - Gait belt

Additional items you need to bring from home:

- Home glucose meter (if needed)
- Bottle of water
- Flashlight
- Rain poncho or umbrella
- Outlet tester (purchased by patient)
Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Kelly Lawrence, OTR/L  
Reviewers: Bethany Lee-Lehner, RN, MSN  
Center for Circulatory Support Team

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 02/2018  
CVC Control #1164