

Before your stay:

- Speak to your doctor about how long you will be admitted, how long your recovery will be, and any aftercare arrangements you may require.
- Arrange the appropriate amount of time off work, and let your employer know well in advance.
- Let family/ friends know about your stay and how long you will be in hospital.
- Arrange any necessary care/ help for your recovery at home.
- Ask the hospital about any specific regulations they may have with regards to visiting times, and possessions you can and can't have with you.
- Think about (and write down), any questions or concerns you would like to ask the doctor/ hospital staff.
- Where appropriate, sort out arrangements for children, pets, plants and mail.
- Make travel arrangements, to and from the hospital.
- Cancel any deliveries, i.e. milk, if you won't be there.
- If appropriate, cancel any home-help, cleaners, gardeners, window cleaners etc.
- Freshly wash any clothing you are bringing.
- Make sure you stick to any pre-admission guidelines you have been given by your doctor, such as: what you can and can't eat/ drink before your stay.
- Have a nice hot bath/ shower and a thorough clean.

Remember to bring:

- Admissions Letter.
- Any medication you are currently taking.
- Contact details for family, friends and partners.
- Small amount of money.
- Mobile phone.
- Clean Pyjamas.
- Glasses, if you need them/ or if you wear disposable contact lenses, enough for your stay.
- Enough clean underwear for the duration of your stay.
- Clean slippers (or something to wear on your feet).
- Basic toiletries (preferably disposable), toothbrush and paste, soap, face and body wipes, hair and body wash, moisturiser and lip balm.
- For women, sanitary products.
- Comb (preferably disposable), as it will be easier than a brush to clean.
- A hair elastic or clip, to tie long hair back.
- Essential items, such as a pen and paper (preferably new and disposable).

DONT BRING:

- Valuables.
- Unnecessary items (less clutter = fewer germs).

Before leaving the house:

- Check lights, and set timers where necessary.
- Make sure gas is turned off.
- Set any alarms/ security devices.
- Lock windows and doors.