

## What to Bring for Your Hospital Stay

Please bring the following to the hospital:

- this education book
- a current list of your medicines  
(The “My Medicine List” is on the next page for you to fill out.)
- a copy of your health care directive (if you have one)
- personal care items, such as a toothbrush, toothpaste, denture cleaner, comb, skin care products, deodorant, make-up and shaving kit
- loose fitting tops and bottoms. Button-up or zip-up tops are easier to put on after surgery.
- loose fitting shorts or undergarments to wear under your hospital gown and robe. (When you attend physical therapy sessions, this will give you more privacy.)
- clothing you intend to wear home, including socks, shoes (comfortable, supportive, with nonslip soles), undergarments, shirt, and loose pants or a sweat suit. Bring a warm coat if it’s cold outside. As part of your therapy you will practice dressing with these items.
- flat shoes or athletic shoes (comfortable, supportive with nonslip soles)
- glasses or contacts (if you wear them) and storage containers
- hearing aids (if you wear them), storage container and extra batteries
- your insurance card, driver’s license or photo ID
- CPAP machine (if you use one)
- your own or borrowed crutches or walker so they can be correctly fitted to you. Be sure to label the crutches or walker with your name.

For your comfort and convenience during your hospital stay, consider the following:

- book, magazine or small amount of money to buy newspapers  
(All rooms have a television and telephone.)
- phone numbers of family and friends.