

Preparing for your Hospital Stay

To prepare for your hospital stay it is important to:

- Bring a family member or friend for support.
- If you have one, bring your Living Will, Medical or Durable Power of Attorney, or Health Care Proxy form.
- Bring all insurance cards. Bring a driver's license or a photo I.D. card.
- Bring a list of all your medicines, **but leave the medicines at home**. The list should include over the counter medicines, vitamins, and herbal supplements. Use the space on the back of this sheet.
- Bring a list of all your doctors and what you see them for. Use the space on the back of this sheet.
- Bring names and phone numbers of your caregiver, family, and close friends in case you need to call them from the hospital phone.
- Bring a pen and pad to take notes.
- Leave all valuables at home, such as money, jewelry, or watches.

Items to Bring For Your Personal Comfort and Relaxation:

Be Aware - You are responsible for anything you bring from home.

- Toiletries, if you have allergies or if you prefer your own.
- Deodorant.
- Books, puzzles, personal electronics. Be sure your name is on everything.
- Glasses, hearing aides with extra batteries, and dentures with adhesive should have a case clearly marked with your name.

If you are having surgery:

- Know why you are having surgery. Ask to have it explained in plain language.
- Read pre-surgery instructions from your doctor and follow them.
- Wear loose fitting clothing and shoes that are easy to get on and off.
- Ask how long you might expect to be in the hospital.
- If out-patient surgery, be sure you have someone to drive you home and spend the night with you.
- Ask your doctor what your special needs will be at home after the surgery.

My Medicines:

My pharmacy _____ Phone _____

Name of medicine, vitamin, or herbal supplement	Dosage	Daily schedule	Last taken

My Doctors:

Name and city or state, if known	Phone number	Being seen for

Important Numbers:

Resources:

- Relieve anxiety and help yourself heal by listening to guided imagery CDs. Call our Patient Resource Librarian at (860) 358-2020 to ask about borrowing these.
- Do a virtual tour of the Middlesex Hospital surgical experience on our website. In the search box type "Virtual Tour" and then choose "Surgical Orientation Video."
- Download the My Middlesex app and take the virtual tour on your smartphone.