

### **What to take to Hospital**

The days before coming into hospital for your surgery are usually busy. Use this check list to make sure you don't forget anything.

- **Bring your Orthopaedics Toowoomba surgical folder as it contains your Consent Form completed by you and your surgeon.**
- **All X Rays and Scans** (if x-rays performed outside Toowoomba Region)
- Your Medicare Card, Pension Card and Health Benefits Card.
- Your Pharmacy Benefits/Safety Net Card/WorkCover/Third party claim details/DVA Card.
- Your current medications in their pharmacy dispensed containers and a clearly written list of your medications, dosage and how often you take them.

On the day of Surgery:

The hospital will have notified you with an admission time and a fasting time prior to this day. If you are required to take medication, take with a sip of water only.

- Shower prior to coming into hospital. Do not wear talcum powder, deodorant, perfumes or nail polish.
- Wear comfortable clothes that are easy to remove.
- Do not wear jewellery or bring valuables with you to hospital.
- Bring aids you usually require e.g. glasses, hearing aids, C Pap or walking aids in good working order.
- If staying overnight, do bring a hospital bag. Some items you should include are:
  - A pair of comfortable, sturdy bedroom slippers with non-skid soles.
  - A knee-length robe or gown.
  - Night attire or comfortable clothing at least 3 sets.
  - Personal care toiletries.
  - Something to read.
  - A loose fitting sweat suit or leisure wear and comfortable shoes to wear home.

If you have not asked others for help yet, do so now. Have someone check in with you daily. You'll recover more quickly if you have help instead of straining and trying to do it all yourself. **If you are having a Day Surgery procedure make sure you have organised someone to drive you home.**