



# OUR GUIDE TO SUCCESSFULLY PACKING FOR YOUR HOSPITAL STAY

Regardless of whether it's your first time staying in hospital, or you have stayed before, it's no less daunting trying to make sure you have remembered to pack everything you need.

Our checklist covers the items you may have remembered (and a few you may have forgotten) to ensure you have the most comfortable stay in hospital post bariatric surgery.

## THE MUST-NOT-FORGET ITEMS

- Any required consent forms, filled out and signed
- Form of identification
- Medicare card
- Health fund card or details
- EFTPOS card or cash
- Any current medications (in original packaging)
- Any relevant doctor's paperwork, x-rays, and scans
- Mobile phone or tablet
- Phone or tablet charger with a long charging cord
- Water bottle
- Glasses
- Hearing aid
- Walking stick or walking aids
- Ear plugs

## PERSONAL ITEMS

- Loose pyjamas and dressing gown
- Underwear and socks
- Toiletries
  - Lip balm
  - Toothbrush and toothpaste
  - Soap
  - Deodorant
  - Moisturiser
  - Hand cream
  - Sanitary items (pads, tampons)
- Pillow
- Slippers
- Thongs for the shower
- Eye mask
- Double walled travel mug/cup
- Entertainment
  - Headphones
  - Books and magazines
  - Crosswords and sudoku
  - Knitting

While this list should set you up for a successful short-term hospital stay, you may need to bring other items that aren't listed. If you are unsure if you have everything you need, please reach out to our friendly team. We aim to support and assist you to make sure you have a successful and pleasant post-bariatric surgery hospital stay.

## CONTACT DETAILS

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