

What to Bring to the Hospital

Patient Checklist

Use this checklist to help make sure you have everything you need when you come to the hospital. These basic supplies will make your stay more comfortable and help with your recovery.

We recommend:

- Bathrobe
- New, soft pajamas to wear once you no longer need a hospital gown. *These pajamas should either have a drawstring or be loose around the waist (a tight elastic waistband won't be comfortable).*
- Your incentive spirometer that you received in Surgical Weight Loss "Boot Camp".
- Your "Buddy Pillow" (also provided at Boot Camp). *The pillow helps support your abdomen when you cough or breathe deeply, reducing pain.*
- ChapStick, Blistex, DTC or other lip balm products to ease dryness following surgery.
- Toothbrush
- Eye glasses
- Any other items that you need on a daily basis
- If you have Sleep Apnea, you **must** bring your CPAP or BiPap mask and settings to the hospital. If you are not sure what your settings are, please check with your Pulmonologist.

Please leave your jewelry at home.