



## Your stay in hospital

### Useful tips on what to take with you for your stay in hospital

*It's stressful to know you are going into the hospital for surgery – you don't know if it's 1 night or many nights! Some of us got lucky, some of us stayed at Hotel Acro for days, weeks, etc. Having a list, compiled by your Acro Family who has been there, done that, will help you prepare!*

- Insurance Card
- Photo ID
- Glasses / Contacts (& solution, case)
- List of your current medications
- List of important phone numbers
- **Lots** of Chapstick
- Tissue - *hospital tissue is cheap, rough, and will leave you chaffed*
- Eye mask - *lights are always coming on, especially if you have a roommate*
- Dark Sunglasses
- Ear plugs - *hospitals are so noisy*
- Book or magazine, though you may not want to read
- Cell phone and charger - *you will want to take pictures of your changes*
- LONG phone charger
- Extension cord - *bed is never close enough to sockets*
- Lightweight Robe/Dressing Gown
- Neck pillow / Comfy pillow from home
- Small fan in case you are hot
- Face wipes - *though most hospitals can provide this*
- Flip flops to wear in the shower
- Slippers with good tread
- Loose clothes for when you leave
- Tablet or laptop to watch movies, and chargers
- Soft snacks
- Honey sticks – *For your sore throat!*
- Tea for a sore throat after being intubated
- Lotion
- Brush / comb
- Hair ties if you have long hair
- Notebook or Pad of paper to take notes and write questions for your medical team
- Something to write with
- Makeup (if you decide to care!)
- Toothbrush & Toothpaste
- Comfy outfit to wear home (loose shoes, loose fitting clothes)
- Cardigan in case you get cold, easier than pulling something over your head
- Small candy for your nurses - *tell them to grab 1 when they check on you!*
- Tablet loaded with streaming movies / tv shows, etc.



ACROMEGALY  
community

# Hotel Acro Packing List

## Some other suggestions from patients:

*"Go out and buy a nice light perfume or body spray. Not your usual one, because you will probably always associate it with your stay in hospital, so if you throw it away afterwards, it doesn't matter. It makes you feel so much better having a quick 'spritz'. The other daft things I did were things like taking a face pack in with me for when feeling better post-op. I could convince myself it was a spa not a hospital. Being in my own room helped with that one!"*

*"Designate one person to ring the ward and have a cascade system for letting people know how you are doing. Organising things like that beforehand can give you a sense of control."*

*"Plan something for afterwards. After my hysterectomy, a dear friend came to visit. I was two days post-op and feeling awful and she TOLD me I was going on a trip with her school to a Tapas bar in five weeks time. Seems an odd school trip, but they had been taking Spanish lessons!! Seemed impossible, but I was determined. I went, had a great time with all the children and was so glad I had set myself an achievable target."*

*"If someone says 'can I do anything?' say yes! Helps you and makes others feel very worthy. A friend cleaned out my rabbits - just what I needed!"*

*"I had one day when I was visited by workmates, friends and family - not a good idea and hubby was annoyed as it completely tired me out - stagger the visitors!"*

*"DEFINITELY needed a couple of pens and someone bought me a beautiful journal to keep notes in which was handy when the numerous consultants bombarded me with info."*

*"I took a photo of the family and had it on my bedside trolley which was nice to look at."*

*"Don't wear nail varnish to theatre as the nail bed gives a good indication of the circulation, especially immediately post-op as you are waking up. Face make-up is not a good idea either. The anaesthetist needs to see your normal colour. It has been known for patients to come to the theatre with the full works, including hair spray! Someone forgot to tell them it was an operating theatre they were going to!"*