

# CHECKLIST OUTPATIENT STAYS

## **BEFORE YOUR HOSPITAL STAY**

- Submit admission agreement
- Submit completed anaesthesia questionnaire. If your operation has been scheduled at very short notice, please bring the questionnaire (or a copy) with you to the hospital
- Submit a copy of your insurance policy
- Leave valuables/jewellery at home
- Do not eat anything for five hours before admission to the hospital
- In the two hours directly before your admission, do not ingest anything at all (no drinks, candy, chewing gum or cigarettes)
- After showering, do not apply any skincare products, lotions or make-up
- Remove nail polish and artificial nails
- Arrange for someone to accompany you and to take you home
- Only in the case of an accident: send the accident report to your insurance company (if still required)
- Only if you are paying yourself: pay the deposit and bring proof of payment with you to the hospital

## **BRING THE FOLLOWING WITH YOU TO THE HOSPITAL**

### **Medication**

- Prescribed medications in original packaging
- Current medication plan

### **Documents** (if available)

- Completed anaesthesia questionnaire
- Health insurance card
- X-rays and examination results
- Medical reports
- Anticoagulant card
- Blood group card
- Allergy card and any other medical cards
- Diabetes monitoring booklet
- Laboratory test results
- ECG

### **Personal articles**

- Reading material, reading glasses
- Mobile phone
- Cash (small notes and change)
- Comfortable clothing and own slippers
- Music