

# CHECKLIST INPATIENT 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

### For major orthopaedic surgeries

(e.g. hip and knee replacements)

- Comfortable shoes with good tread and flat soles (e.g. sneakers, tennis shoes or trainers)
- Gym shorts, T-shirt
- Comfortable tracksuit pants
- Walking stick

### Personal articles

- Toiletries
- Pyjamas or nightdress
- Container for dentures
- Slippers with good tread
- Hearing aid case
- Contact lens case
- Dressing gown (dressing gown provided for patients with supplementary insurance on request), tracksuit/leisure suit
- Reading material, reading glasses
- Music (in particular for regional/local anaesthesia)
- Mobile phone and charger
- Cash (small notes and change)
- Diary with addresses and telephone numbers