



# Preparing for a HOSPITAL VISIT

## Medical items

**Be sure to have the following health-related items when preparing for a hospital visit – whether in- or outpatient:**



- **Insurance** – Take all insurance cards with you, including photo identification or any documentation to prove guardianship/alternative to guardianship/supported healthcare decision-making, if needed.

- **Medical equipment/supplies** – Take at least two days of at-home supplies used daily by the patient (such as feeding pump, charger, feeding pump bags, feeding tube extensions, formula, ventilator/oxygen supplies, diapers, wheelchair, assistive communication device, walker).



- **Medication** – Take all medications – both prescribed and over-the-counter – and/or dietary supplements and herbal remedies for the patient as well as the caregiver who will be with the patient.

- **Medical history** – Take the Care Notebook or Shared Plan of Care with a list of primary doctors and specialists. Consider taking a photo/video of your child at his or her best to share with the care team.



## Personal items

**Make the visit more pleasant by taking some personal items:**



- **Comfort items** – Take along personal comfort items for both the patient and the caregiver. These may include blankets, pillows, a favorite soap or lotion, and stuffed animals.

- **Activities for the patient and caregiver** – Take some favorite toys, games, coloring books, electronics, etc. *(And don't forget chargers and cables.)*



- **Clothing** – Bring at least two days of day- and nightwear for the patient as well as the caregiver. This may include jackets, sweatshirts, and socks.



- **Food/snacks** – Have food and snacks for both the patient and the caregiver as well as money to purchase food from vending machines, snack shops, or the cafeteria. *(Some hospitals will deliver trays to caregivers so that they don't have to leave the room. Those who may qualify should apply for meal assistance from hospital social services.)*