

Pack a tote with items for your loved one and yourself:

- A warm sweater, sweatshirt, scarf, hat— hospitals have chilly areas. (It’s okay to ask for a blanket for yourself and your loved one!)
- Antibacterial hand cleaner.
- Notebook and pen for taking notes.



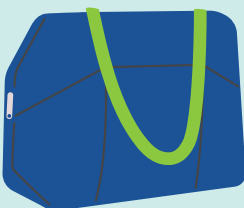
- Your loved one’s patient portal login and password, plus any other health records medical providers may need.

- Headphones for music, books, and videos on your personal devices.



- Device chargers!

- Books, magazines, and puzzles.



HOW TO HELP

YOUR LOVED ONE PREPARE FOR SURGERY:

- Read the surgeon’s pre-surgery instructions.** Help make sure your loved one follows these instructions “to a T!”
- Ask if pre-surgery supplies or medications are needed.** Help or remind your loved one to buy/use these items to prep for surgery.
- For 2 to 3 days before surgery,** ensure your loved one showers with liquid antibacterial soap that contains **CHLORHEXIDINE**. This special soap removes bacteria from the skin that can cause infection. Help make sure your loved one understands the instructions for using the soap—so important for the soap to work!
- Keep your loved one warm.** In cold weather, warm up the car first. Make sure their hair is dry. Bring an extra sweater or other soft, warm clothing. Hospitals have some very chilly areas!
- Fill out a Medication Record** with your loved one. Bring it to the hospital with all of your loved one’s current medications.



- Prepare to stay with your loved one 24/7 while hospitalized.** Use our handy “How-To” Checklists so you will know how to help during their hospital stay.

- It’s okay to organize “shifts”** with other family members and friends. Be sure to tell them about our Hospital Stay Checklists, too!

