

Checklist for hospitalizations

Whether a hospital stay is planned or unplanned, it can be helpful to fill out this checklist and keep it on hand.

If your hospitalization is unexpected, a family member, friend, or neighbor can use the checklist. It is a good idea to go over the checklist with that person ahead of time and to show them where you keep the items you need so they know where to find them.

Where to go and who to call in an emergency

- My preferred hospital or emergency center:
- My preferred urgent care center:
- Emergency contact name and information (phone number and email address):

Key medical information

- Health condition(s):
- Medication(s) name(s), dosage, and frequency:
- Medical emergency/ies I am prone to:
- What medical personnel should do if I have a medical emergency (i.e. medication or treatment I need to receive right away):
- Allergies (e.g. medications, food, inhaled allergens, latex):
- Primary care doctor’s name and contact information:
- Specialist(s) name(s) and contact information:
- Blood type:

Items to bring to the hospital

Items to bring to the hospital

- ☐ medication(s)
- ☐ health insurance card (you can also take photos of the front and back of the card and keep them on your phone)
- ☐ phone and charger (a long cable is helpful in hospital beds)
- ☐ headphones or earbuds
- ☐ laptop and/or tablet
- ☐ notebook + pen (this can be helpful for taking notes during visits with doctors or nurses)
- ☐ clothes (bring enough for each day of the hospital stay—if it's unclear how long the stay will be, pack for 2-3 days to be on the safe side)
 - ☐ warm socks
 - ☐ underwear
 - ☐ bra
 - ☐ sweatshirt
 - ☐ tee shirt
 - ☐ pants or leggings
 - ☐ pajamas
 - ☐ slip on shoes or slippers
 - ☐ a loose button-down shirt (this can be useful for IV lines)
 - ☐ a light robe
- ☐ toiletries
 - ☐ toothbrush
 - ☐ toothpaste
 - ☐ lotion
 - ☐ deodorant
 - ☐ face wash or face wipes
 - ☐ face moisturizer
 - ☐ hair ties or clip
 - ☐ lip balm
 - ☐ brush
 - ☐ shampoo or dry shampoo
 - ☐ conditioner
- ☐ eye mask
- ☐ neck pillow
- ☐ light blanket
- ☐ water bottle
- ☐ earplugs
- ☐ glasses and/or contact lenses and solution
- ☐ magazine
- ☐ cash for the vending machine
- ☐ hand sanitizer and masks
- ☐ medical records including any X-rays, blood work, and recent tests if you have them available

If I'm admitted unexpectedly



If I'm admitted unexpectedly, please:

- Notify key people (list all their names and contact information including a phone number and email address)
- Arrange for childcare for my child(ren) (names, ages, any needs they have, e.g. health issues or medication)
- Contact my employer (name and contact information)
- Contact the organization I volunteer for (name and contact information)
- Arrange care for my pets (types of pets, names, what food they eat and care they need)
- Water my plants (indoor, outdoor, how often)
- Pick up medications from the pharmacy (name, address, and phone number of the pharmacy; *note: you may need to call the pharmacy and give your consent for that person to pick up your medications*)



The Art of Parenting While Sick helps parents with chronic health conditions feel seen and supported and find solidarity in a global community. To learn more, visit parentingwhilesick.com