



Most people would agree that they packed far too much to take with them to hospital – you will likely find that you will need to take very little. This list was compiled by patients who are post-op and share all the essentials you need to take to make your stay more comfortable. What you need to take will vary for how long you will be staying and this varies from country to country.

## CLOTHES

- **Nightshirts**  
These are preferable to PJs as you will have catheter and belly swelling. You will not want anything around your midriff area.
- **Underwear**  
Remember to pack big supportive panties/knickers to 'hold' your stomach when you are travelling home. Comfort is key!
- **Socks & slippers**  
Make sure you pack ones with a good grip so that you don't slip.
- **Loose clothes**  
For the journey home you will need loose, comfortable clothes. Again, you will not want anything tight around your belly – or anything that is difficult to get in or out of as you will likely be swollen and find it difficult to stretch too much.
- **Comfortable shoes**  
Shoes with a soft sole for when you leave hospital are a great idea to pack as you will want to be as comfortable as possible. Slip-on shoes are ideal.

## TOILETRIES

- **Panty liners**  
You may find you bleed a little post op and so panty liners for the journey home will make you feel more comfortable.
- **Hairbrush**  
A necessity if you have a shower at the hospital or just to freshen up and make you feel a bit better!
- **Toothbrush & toothpaste**  
Depending if you are staying the night, don't forget to take your toothbrush and toothpaste!
- **Baby wipes or a flannel**  
Wipes or a flannel that someone can wet for you can help you freshen up if you are in the bed and unable to move to the bathroom yet.
- **Deodorant**
- **Shower gel, shampoo & conditioner**
- **Moisturiser/skin care**

## COMFORT & ACTIVITIES

- **Earplugs & an eye mask**  
Rest and a good night's sleep is vital. Hospitals can be bright and noisy so earplugs and a nice eye mask will make all the difference for you to get some peace, quiet and rest.
- **Peppermint tea bags**  
Some hospitals will have this as an option, but it's a good idea to take your own. Peppermint relaxes the muscles along the intestinal tract and can help you to pass excess gas.
- **Snacks and drinks**  
Take some of your favourite drinks and snacks in case you do not enjoy the hospital food!
- **Phone/tablet + charger**  
Load up your devices in advance with things to watch and games to play to keep the boredom at bay. Make sure you take chargers!
- **Books/crossword puzzles & pens**  
Hospitals can be boring and so a good book and/or a crossword puzzle can be an enjoyable distraction.
- **A pillow**  
This is for the journey home – put the pillow between you and the seat belt for extra comfort. It really helps!
- **Lip balm**  
You may find yourself dehydrated and get dry lips. Lip balm can help you be a bit more comfortable.

## ESSENTIALS

- **Medication**  
Take any usual medications that you are prescribed. HRT, SSRIs etc. Make sure the medical staff looking after your care know what medication you have brought with you.
- **Medical paperwork**  
Pack any medical paperwork that the hospital have asked you to bring with you.
- **Cash/payment**  
A small amount of cash and/or a payment card can be helpful for any items or services you may need to purchase.
- ⊘ You do **not** need to take your own pain relief medication as it should be supplied by the hospital. It is important you **do not** take medication unless directed or approved by the staff in charge of your care so that they are fully aware of what medication you have in your system.

# PACKING LIST NOTES

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