

Going into hospital for surgery?

Patient's tips and suggestions for items you might like to take into hospital:

For general comfort

- Wear loose fitting clothes, no tight waistbands or anything that might interfere with the wound following surgery.
- Soft small cushion to hold against the wound for the journey home and especially helpful for a few days when you cough or sneeze.
- Take your own pillow(s) from home to aid sleep (in bright coloured pillowcases so you don't lose them)
- Take a soft blanket/fleece; nicer to snuggle into than stiff white sheets.
- Front opening nightgown or pyjamas to make examinations easier.
- Loose fitting dressing gown.
- Slip on slippers – easy to get on without bending down.
- Soft elastic waisted trousers or skirt for wearing home after surgery.
- Loose fitting underwear that is easy to put on and won't rub on the wound.

Washbag and toiletries

- Toothbrush/toothpaste/small bottle of mouth wash or fresh breath spray for when you can't get rid of horrible taste in your mouth.
- Small pack of tissues.
- Couple of flannels and soap/shower wash and/or wet wipes.
- Small bottle shampoo and/or dry hair shampoo.
- Small hand towel.
- Anti-bacterial gel.
- Face mask (if needed).
- Eye mask to aid sleep.
- Hairbrush and comb.
- Shower hat.
- Face and hand cream.
- Lip salve to stop your lips cracking on the nil by mouth days.
- Deodorant, light perfume/aftershave to freshen up.
- Ear plugs for the snorers in the next bed – vital!

To eat and drink

- Bottled water and/or squash to add to hospital water.
- Boiled sweets/mints for dry mouth/waking up in recovery.
- Peppermint cordial or peppermint tea to help with trapped wind.
- Some snacks in case you get hungry.

To help relax

- A good/favourite book or kindle (with charger).

Cont....

- Notepaper and pen; for letters, memory notes and/or diary if you keep one.
- iPad and charger with some downloaded films/music/meditation along with AirPods or headphones so that others are not disturbed by the noise.
- Mobile phone and charger.

Extras

- Your current medications.
- Loose change or debit/credit card to buy newspapers, snacks, drinks etc.
- Clean plastic bag to take home dirty laundry.
- A much-loved framed photo for bedside table of friends/family/home.
- Small battery driven cooling fan – it can get unbearably hot in hospital.
- Clean set of loose clothes to go home in.

For advice and information about going into hospital for surgery, please get in touch with Action Kidney Cancer:

Helpline: 0800 121 8721

Email: support@actionkidneycancer.org

Website: www.actionkidneycancer.org

Join our community forum to contact other patients and families for advice and support by visiting us on Facebook:



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