

Hospital bag checklist

Make sure you take sufficient time to prepare for your stay in hospital for joint replacement surgery. Prepare your travel bag beforehand to ensure that you have everything you need with you.

Above all, you will need comfortable clothing and sturdy shoes for your stay in hospital. Valuables like jewellery and credit cards should ideally be left at home. You should also only bring a limited amount of cash with you.

Medications

Bring the necessary amount of any regular medications you are taking with you to the hospital. Alternatively, you can also show a list of medications. You can ask about the usual practice in the hospital in your preliminary consultation (bring medication or list of medications).

Documents for admission and attending doctors

- ID documents
- Health insurance card
- List of surgeries and previous illnesses
- Any X-rays of the affected joint you have
- Name and telephone number of family doctor and any other attending doctors
- Vaccination certificate
- Allergy passport (if applicable)

Aids

- Glasses-/contact lenses and care products (if applicable)
- Hearing aid (if applicable)
- A long shoehorn
- Walking aids (if applicable)
- Support stockings (if applicable)

Hygiene items

- Dental care tools
- Towels, washcloths, (e.g. disposable washcloths from the pharmacy)
- Brush, comb
- Hairdryer
- Soap/shampoo, deodorant and creams
- Shaving tools (if required)
- Paper tissues

Clothes

- Bath robe, nightgown or pyjamas
- Comfortable sports/leisure clothes (comfortable trousers with wide ankle band)
- Sturdy shoes with non-slip soles, ideally with Velcro fastening
- Underwear, stockings
- Clothes for day of discharge

Other personal items

- Mobile phone and charger
- Books, magazines, pen