

Hysterectomy Packing List: What to Bring to the Hospital

- warm fuzzy socks
- hairbrush, hair-ties
- toothbrush, toothpaste
- deodorant
- chapstick or lip balm
- chewing gum (no, really!)
- nice** underwear x3
- pads
- PJs x2
- small blank notebook and pen
- paperback book
- plastic shopping bag x2
- soft **loose fitting** outfit to wear home
- health card / ID, health insurance card or info
- CPAP machine (if you have sleep apnea)
- eyeglasses, if needed and eyeglass case
- cheap watch (optional)
- cell phone (optional -- keep in mind that the hospital is not responsible for lost or ruined items)
- headphones (if you do bring your cell phone)

What NOT to Bring, Leave These Items at Home

- Tampons (You MUST use pads. No tampons. No inserting anything!)
- Your full wallet with credit cards, bank cards, etc
- Wads of cash.
- Jewellery (No rings, no wedding rings, no earrings -- no jewellery!)
- Leave the fancy electronic toothbrush at home, bring a cheap plastic one.
- Basically, anything fancy or expensive.
- Anything irreplaceable that you would be crushed were it to be ruined or lost.