

What to Bring to the Hospital

This is a list of items to bring to the hospital when you have your donation surgery. The items are suggested by living kidney and liver donors based on their experiences. It's a long list and, considering your stay will probably be only a few days, you may not want or need all of these items.

Also, the hospital may provide some of these items, so review this list with your transplant coordinator. (You may still want to buy items provided by the hospital if your personal preference is for something different from what the hospital supplies.)

Here are the suggestions:

- ☐ Your prescription medications, as reviewed and approved by the transplant team
- ☐ Eye glasses; contacts
- ☐ Photo ID such as a driver's license
- ☐ Your phone:
 - ☐ Fully charged
 - ☐ With movies, TV shows, podcasts, etc. that you want for entertainment while you recover
- ☐ A long charging cord for your phone, or a phone backup battery with connecting cable
- ☐ Headphones or earbuds
- ☐ Toiletries: toothbrush, toothpaste, mouthwash, deodorant, shampoo, moisturizer
- ☐ Cleansing towelettes or wipes to freshen up
- ☐ Personal water bottle
- ☐ Tampons
- ☐ Hair ties
- ☐ Lip balm
- ☐ Cough drops; throat lozenges
- ☐ Chewing gum to help restart digestion and bowel activity
- ☐ Ginger chews or tea, peppermint oil or tea, chamomile tea, or fennel seeds to help calm nausea; you can also ask for anti-nausea medicine
- ☐ Loose fitting clothes for the ride home. Or you can wear loose fitting clothes when you go to the hospital. You will change into a hospital gown when you get there, and then you can change back into the loose clothes for your return home. That way, you don't have to pack additional clothes.
- ☐ Pajamas
- ☐ Robe
- ☐ Slip on shoes (it can be difficult to bend over to tie shoes with laces)
- ☐ No-slip socks

- ☐ Heating pad (if allowed by the hospital) or heat packs for soreness
- ☐ Small pillow for holding against your stomach when you cough, sneeze, laugh, or hiccup
- ☐ Stool softener; you can also ask for medication
- ☐ Ear plugs
- ☐ Eye mask
- ☐ Abdominal binder
- ☐ A journal and pen, in case you want to capture your donation experience for yourself and others

When possible, label your personal belongings.

Consider putting everything in a roller bag, which will minimize the amount of lifting. A backpack or duffel bag may be too heavy to lift after your surgery.

What not to bring:

- Anything valuable such as jewelry, watches, and cash
- Perfume, cologne
- Your medical ID card; there is no reason for the hospital to have information on the medical plan of the donor because all medical expenses are paid by the recipient's insurance
- Yoga pants/leggings or other clingy, binding clothing, especially with a waist band that might rub across your incisions
- Anything related to your job; it's only a couple of days, you will be under the influence of anesthesia and pain medications, and you need to rest to aid your healing

If you have suggestions to improve this list, please send us a message at contact.livingdonorsonline@gmail.com.

Best of luck with your surgery!