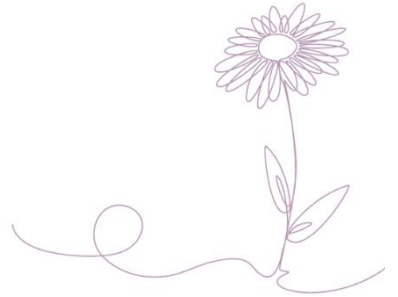


# Preparing For Hospital

The items on this list have been suggested by living donors. Please think whether any item would be useful to bring into hospital.

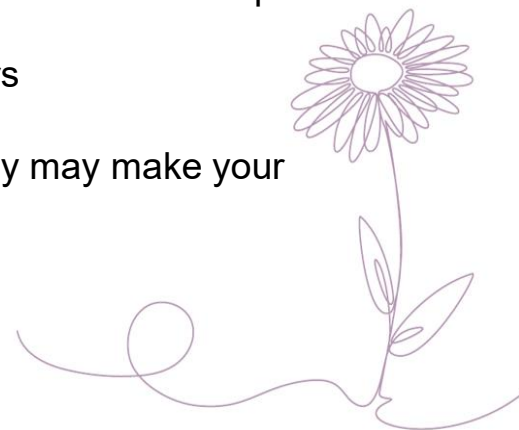
- Usual toiletries & medications
- Face wipes/tissues/moist toilet tissues
- Lip balm
- Dry shampoo & hairbrush
- Sanitary pads (your body may surprise you)
- Personal fan, ear plugs & eye mask
- Water bottle with a sports cap/non-spill - allows you to keep it next to you in bed without spilling. Fluids are better drunk at body temperature as it is more gentle on your tummy
- Flask for hot water - ask for it to be filled every morning so you can have a hot drink whenever you want (see suggestions below)



Snacks & drinks which can help move and soothe your tummy after surgery and make your poo soft:

- Peppermint/fennel tea bags
- Peppermint oil capsules (before & after surgery)
- Canned or pots of fruit
- Chewing gum - can stimulate the bowel
- Psyllium husks - mix one teaspoon into a glass of orange juice & drink whilst runny as it soon sets into a gel.
- Flax seeds (alternative to psyllium husks)
- Dried prunes - 3-4 per day
- Instant porridge oats (a great source of soluble fibre to keep your poo soft and regular)
- Natural cereal bars, for example Naked bars

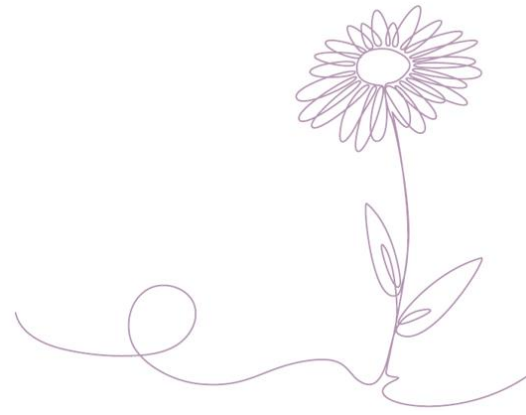
Choose warm food (soups/stews) not salads, as they may make your bowel spasm.



*More tips & suggestions over the page*

Other useful items:

- Reading material/download
- Audio book, films, music etc (Wi-Fi limited)
- Headphones (noise cancelling)
- Chargers for all device - with extra-long cable
- Non-slip slippers
- Dressing gown
- Loose comfortable clothes and underwear
- Loose nightwear, night shirt or t-shirt
- Socks (if your feet get cold)
- Pillow/cushion to hold over your wound site when you cough/sneeze/laugh & for the journey home to hold when going over speed bumps!



You do not need buy the items on the list, they are optional

Wishing you all the very best with your upcoming surgery

These suggestions originated from the Living Donor Support Group UK



Compiled by Clare Monaghan Living Kidney Donor & Physiotherapist & Caroline Basarab-Horwath Living Donor Coordinator

