



FREE PRINTABLE FROM THE CARDIAC SURGERY PLAYBOOK

Hospital Packing List for Heart Surgery

Pack light. The hospital supplies gowns, socks, and most basics. These are the things patients most often wish they had brought.

Clothes and comfort

- ☐ Two or three loose tops that button or zip in front
- ☐ Loose pants or shorts with an elastic waist
- ☐ Non-slip slippers or shoes you can slip on (feet often swell)
- ☐ A light robe or sweater
- ☐ A small pillow to hug against your chest when you cough (ask whether the hospital gives you one)

Everyday aids

- ☐ Glasses and case
- ☐ Hearing aids and spare batteries or charger
- ☐ Dentures and case
- ☐ CPAP machine and mask, if you use one
- ☐ Walker or cane, if you use one

Papers

- ☐ Photo ID and insurance card
- ☐ A current list of all medicines and doses, including vitamins and supplements
- ☐ A list of allergies
- ☐ Copies of your health care proxy and living will
- ☐ Names and phone numbers of your doctors and two emergency contacts

Small things that help

- ☐ Phone and a long charging cord
- ☐ Toothbrush, lip balm, and other toiletries you like
- ☐ Notebook and pen for questions and instructions
- ☐ Earbuds, a book, or a tablet
- ☐ Eye mask and earplugs for sleep

Leave at home

- ☐ Rings and other jewelry (fingers can swell)
- ☐ Cash, credit cards, and valuables
- ☐ Your own medicine bottles, unless your team asks you to bring them

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General education, not medical advice. Follow your own care team's instructions. In an emergency, call 911.