

A slightly different look at the hospital checklist



- 8 stoma bags a pack of wipes, adhesive remover spray, disposing bags, skin protecting wipes, stoma collars, flange extenders.
- 3 t shirts with plastic poppers or Velcro from neck to end of sleeve, easy to remove when on a drip.
- 2 pairs of high waisted leggings or pj bottoms.
- 1 pair of shorts to sleep in, as it can often get warm at night in hospital.
- 2 pairs of warm socks
- Pair of flip flops, as bathroom/shower floors can often be slippery.
- A purse with £5 in change.
- Spare phone charger.
- Travel size toiletries, hairbrush and sanitary wear.
- Pair of sunglasses as the lights are often bright on the wards.
- A small note pad and pen.
- A bottle of concentrated squeeze juice (great to put into CT scan water to make it taste better)
- Small puzzle book, colouring book, and pencils.
- 4 pairs of vanilla blush everyday cotton underwear.
- Soft bras with no wires, in case you need a scan.
- Comfizz support waist band
- A carrier bag to put dirty laundry in.

The second point is a fantastic idea for easy or removable access when on a drip