

LAPAROSCOPY CHECKLIST



We know how stressful it can be preparing for surgery. To take away some of the pressures, we have created a checklist that you can print out, to make sure that you've got everything covered for your surgery.

<input type="checkbox"/> Loose nighties/nightshirts	<input type="checkbox"/> Peppermint teabags and/or capsules
<input type="checkbox"/> Dressing gown and slippers	<input type="checkbox"/> Throat lozenges
<input type="checkbox"/> Oversized and comfortable underwear and socks	<input type="checkbox"/> Snacks
<input type="checkbox"/> Toothbrush and toothpaste	<input type="checkbox"/> Technology and long chargers E.g. phone, tablet and earphones
<input type="checkbox"/> Hair brush and hair ties	<input type="checkbox"/> Book/kindle
<input type="checkbox"/> Deodorant and body spray	<input type="checkbox"/> Teddy/comforter
<input type="checkbox"/> Face wipes or face wash and face cloth	<input type="checkbox"/> Eye mask and ear plugs
<input type="checkbox"/> Lip balm and moisturiser	<input type="checkbox"/> Current medication
<input type="checkbox"/> Sensitive body wash and sponge	<input type="checkbox"/> Hot water bottle (or equivalent - as most hospitals will no longer fill up a hot water bottle)
<input type="checkbox"/> Sanitary towels	<input type="checkbox"/> Comfortable clothes for going home
<input type="checkbox"/> Body wipes	<input type="checkbox"/> Pillow for car home

NOTES



Charity registration number: SC052580