



## TOGETHER IN SURGICAL MENOPAUSE

### Hospital Check list

Clothing and nightwear	Packed ✓
Loose nightie	
Comfortable, stretchy and loose clothes for journey home	
Slippers you can just slip on	
Comfortable, flat soled shoes for your journey home	
Dressing gown, to protect your modesty when you're up and about on the ward!	
<b>Essential toiletries:</b>	
Sanitary pads	
Toothbrush & toothpaste	
Facial wipes	
Deodorant	
Favourite shower gel	
Flannel	
Hair brush and bobbles	
Moisturiser	
<b>To keep you entertained:</b>	
Computer/Tablet so you can watch any films or programmes, just be sure to keep it in a safe, secure place.	
Books or magazines if you enjoy reading	
Phone and computer/tablet charger	
Ear phones	
Bank card – some hospitals charge for wifi	
<b>To help you relax and feel comfortable</b>	
Ear plugs	
Eye mask	
Healthy snacks, your favourite (non-alcoholic of course!) drinks.	
Warm blanket, sometimes you can feel cold on the wards, it's nice to have your own blanket on hand in case the hospital runs out.	
A pillow/cushion to make your journey home more comfortable, it's great to pop between your seat belt and stomach.	