

## Blood and Marrow Transplant: What to Bring to the Hospital

The length of your hospital stay varies from patient to patient and depends on the type of transplant you will have. When choosing items to bring to the hospital, keep in mind that you may not be able to concentrate for long periods of time. This can make reading books difficult. Sometimes magazines and newspapers are better than novels because the articles are shorter.

Suggestions of what to bring to the hospital:

- Medication list
- Non-slip slippers
- Hobbies: puzzles, crocheting, simple crafts (**no** sewing/needlepointing)
- Board games
- Reading materials (books, magazines, etc.)
- Cell phone
- Laptop computer, tablet and/or i-pad (Wi-Fi is available)
- Long-distance calling card
- Pictures of family and friends
- Address book
- Hats, scarves or wigs
- Electric razor
- Bible/prayer book
- Silk plants/flowers (be sure that there is no moss)
- Eye glasses (no contact lenses are allowed)
- Clothing: Clothes may be brought into the patient room after they have been washed in hot water and dried in the dryer. This process helps to kill any potential bacteria. We ask that you wear clean clothes daily. It is important to use the same detergent every time your clothes are washed. It may be helpful to place individual items in plastic bags to be transported to the hospital. Hospital gowns are also available if you would prefer them.
  - Loose, comfortable clothing (tops should button up the front)
  - Underwear

What **not** to bring to the hospital:

- Large amounts of cash
- Credit cards
- Expensive jewelry, or other valuable items that could be stolen
- Live flowers and plants (they may contain bacteria and/or fungus)
- Soaps, lotions, body wash (these will be provided to you)
- Perfume, cologne, deodorant, strong shampoo, and other hair care products or makeup

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**