

HAVE I GOT EVERYTHING?

Hospital Checklist

Use this checklist the night before so
you can focus on your prep with confidence



SHOWER & PERSONAL CARE

Have a shower and brush your teeth.
Use a fragrance-free soap if you have sensitive skin.



COMFORTABLE CLOTHING

Wear loose, comfortable clothing.
You will be asked to change into a gown.



ENTERTAINMENT

Charge your phone overnight and bring headphones
and something to read, watch or listen to while you
wait.



IDENTIFICATION & PAPERWORK

Bring your photo ID, Medicare card/private health card
(if applicable) and any hospital paperwork.



DRIVER'S CONTACT DETAILS

Have your driver's contact details handy. You won't
be able to drive yourself home after sedation.



NAIL POLISH & FALSE NAILS

Remove nail polish and false nails.
Tight nail polish can affect monitoring.



GLASSES/CONTACTS

Bring your glasses or contact lens case and
solution.



VALUABLES

Leave jewellery and valuables at home where
possible.



CLEAR FLUIDS (IF REQUIRED)

Follow your hospital's instructions about when to
stop drinking clear fluids.



ScopeCoach Tip

If you've downloaded your ID on apps,
ensure they work before you leave home.



If you're unsure about
anything call your
healthcare team.