

Recommended Items to Bring for Your Stay in the Inpatient Ward at IHBT

ITEMS TO BRING

- Washable slippers;
- Pyjamas or a nightdress (please expect to change these at least three times a week);
- Underwear (please expect to change it daily);
- Socks (the elastic must not be tight);
- Recommended personal hygiene products: a soft toothbrush, toothpaste containing amine fluoride (e.g. Elmex, Meridol), alcohol-free mouthwash or Tantum Verde solution, shower gel and alcohol- and fragrance-free body deodorant, fragrance-free body lotion (e.g. Lactovit, Excipial, Mixa), lip balm (e.g. Labello or similar), Bepanthen cream, hand cream, nail scissors or nail clippers, an electric shaver;
- Paper tissues;
- You may bring a computer or CD player, Wi-Fi internet access is available (we cannot guarantee compatibility with every device or programme);
- Books- only new books or books from your home library;
- Newspapers and magazines, a ballpoint pen and a notepad;
- Please also bring your certificate of temporary incapacity for work (if you have one), your health insurance card, identity card, and any special medication you are on;
- Beverages (mineral and bottled water, juices, Coca-Cola, etc.) and food according to dietary recommendations;
- Instant coffee, Turkish coffee (freshly ground), your favorite tea (excluding herbal teas);
- Individually wrapped sweets and chewing gum, as well as plain biscuits without filling;
- During your hospital stay, you may have freshly prepared meals brought from your home. The ingredients must be discussed with a dietitian in advance;
- If you follow an alternative dietary approach or do not consume gluten or dairy products, we recommend arranging for food to be brought from home after consultation with a dietitian. Our options in this regard are limited. We provide a standard, nutritionally balanced diet and therapeutic diets prescribed by the physician.

IMPORTANT INFORMATION

- We recommend wearing cotton clothing;
- We recommend beverages in smaller containers so that they can be consumed within 24 hours of opening. For hygienic reasons, opened beverages can not be stored longer and after this period they must be discarded (similarly, freshly prepared food brought from home must be consumed on the same day);
- We do not recommend the use of interdental toothbrushes or single-use razors due to the risk of bleeding and potential infection.

DO NOT BRING

- Towels- a clean towel will be provided by the unit every day;
- Cloth handkerchiefs;
- jewellery;
- **if possible**, please leave at home your house keys, payment cards and **larger amounts** of cash.