

Recommended List of Items to Bring for Admission to the TU/HeICU at IHBT for Hematopoietic Stem Cell Transplantation

Admission to the unit is recommended between 8:00 and 9:00 am, you do not need to be fasting.

RECOMMENDED ITEMS:

- Washable slippers;
- Clean, freshly laundered, and ironed cotton pyjamas or a nightdress; please expect to change them every day. If you prefer, we will be happy to provide you with a pyjamas, or a nightdress on the unit;
- Clean, freshly laundered, and ironed underwear; please also expect to change it every day;
- Clean, freshly laundered, and ironed socks (the elastic must not be tight);
- Personal hygiene products: a soft toothbrush (not an interdental toothbrush), toothpaste, mouthwash, shower gel, fragrance- free body lotion, lip balm, hand cream, nail scissors or nail clippers, and an electric shaver. Please do not bring towels or washcloths-these are provided by the unit;
- Paper tissues (cloth handkerchiefs are not permitted);
- You may bring a computer or other personal electronic device, 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;
- A ballpoint pen and a notepad;
- Beverages- mineral water, juice (grapefruit juice is not permitted), Coca-Cola etc., and food in accordance with your dietary recommendations. We recommend beverages in smaller containers so that they can be consumed within 24 hours of opening. For hygienic reasons, beverages cannot be stored for longer than this period and must then be discarded. Similarly, freshly prepared food brought from home must be consumed on the same day.
- Instant coffee, your favorite tea (excluding herbal teas);
- Individually wrapped sweets and chewing gum, as well as plain biscuits without filling;
- 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 as our options in this regard are limited. We provide a standard, nutritionally balanced diet and therapeutic diets prescribed by the physician.
- Please also bring your certificate of temporary incapacity for work, if you have a printed copy and your health insurance card, identity card, and, if applicable, the results of your pre-transplant examinations;
- Medications only after a prior consultation with your physician.

IMPORTANT INFORMATION:

- All personal items, with the exception of clothes, will be wiped down with a disinfectant wipe. Because of this, we do not recommend bringing stuffed or plush items.
- Cosmetic products must be new and unused. Please do not bring any ointments or creams. Eye drops may be brought only after a prior consultation with your physician.
- Nail scissors or nail clippers will be stored in a locker room outside the patient room for safety reasons. They will, of course, be provided upon request and will be disinfected after use before being returned to the locker room. Razors and single-use shaving devices are not permitted.
- Upon discharge, we arrange for prescribed medications to be collected from our pharmacy. For this reasons, please have approximately CZK 500 in cash available to cover any co-payments.
- If possible, please leave your house keys, payment cards, and large amounts of cash at home.
- The visiting policy on the unit depends on the current epidemiological situations and you will, of course, be informed about it.