

MEDICAL TOURISM HOSPITAL STAY CHECKLIST

Clothes

Comfortable bra with front closure/ Spanx/ Loose underwear

Warm socks

House slippers to walk the hospital halls to relieve gas pain

Loose fitting clothes to wear there and on the way home

Slip on shoes to wear there and on the way home

Compression Knee-High Stockings for the trip home (at least 12mmhg)

Personal Items

Kindle / Nook/ Magazine or Book

Cell Phone

Chargers (electrical system is the same in Mexico as the US, so no need for a converter)

Reading Glasses (no contacts allowed)

Eye mask / Ear plugs

Pillow for pressing against incisions when coughing and comfort sleeping.

Pen / Small Pad of Paper

Spanish/English Dictionary (or download one to your Kindle /Nook)

Cash in USD-Patient Coordinator told me most places will accept USD and you avoid the Foreign Transaction Fee of using your Debit/Credit Card.

Pharmaceuticals

Lotion / Deodorant/Razor

Toothbrush / Paste/Breath Strips

Shampoo / Conditioner/Face soap/Face Moisturizer/Travel size body soap or wash

Hair Dryer / Brush

Ricola throat lozenges

Tissues / Wet wipes

Lip Balm

Gas X Strips

Wash Cloth

Heating Pad for Pain Relief

Prescription Medications/Pill Crusher (if necessary)

If you are flying back the hospital should give you broth before your leave in the morning before heading back to the airport. Please plan on what you will be having on your day of travel. You can get juice, hot and cold water and tea in most flights. Plan on what you can mix with water. It is **very important** to keep hydrated; it will prevent problems during your recovery. Here are a few suggestions.

Mix with Cold or room temperature water:

- Unjury protein powder (flavored)
- Propel powder
- Crystal Light
- Powder Gatorade (G2 has less sugar)
- Apple and white grape juice provided by the airline, please water it down it usually has too much sugar

Mix with hot or warm water:

- Unjury protein powder (chicken soup)

- Tea (caffeine free chamomile tea is a great option which has anti inflammatory effects)

If you are driving back: You should receive broth before you leave the hospital in the morning. Please plan on what you will be having on your day of travel; bring your protein drinks with you.