

## WHAT TO BRING WITH YOU TO THE ER

1. List of current medications and dosages
2. List of allergies, including type of reaction and intervention used, if any
3. List of medical conditions, including how currently treated
4. List of doctors and specialists, including phone numbers
5. Insurance cards
6. Photo ID
7. Legal documents: living will, health care proxy, DNR
8. Glasses, hearing aid – keep spares and extra batteries in a bag
9. Pen and paper
10. List of emergency contacts. You may want to designate one person on your list as the point of contact.
11. Comfort items: family pictures, religious texts or items, book, snack

### **In case you are admitted, an overnight bag can contain:**

- a change of clothes, including undergarments, sleepwear, robe, slippers
- Toiletries – hospitals provide the essentials, but it's nice to have familiar items
- Favorite snacks or candy – check to make sure this is permitted

Don't forget items for the **caregiver** – a snack, book, bottle of water, sweatshirt, phone charger.

**Remember:** expect to be in the ER at least 6 to 8 hours. If you get out in less time, consider yourself lucky.