

What to bring to the hospital

ANCHOR LEDE

A hospital stay will likely leave you stressed. So the last thing you want to worry about is personal items. That's why you should know ahead of time what to bring.

TAKE VO

Doctor Kurt Bloomstrand works in the emergency department at OSF HealthCare. He says a hospital will provide basics like clothes, toiletries, blankets and food. But you can bring your own versions.

You should also have basic health information – like insurance, allergies, and legal orders – written down.

SOT

Dr. Kurt Bloomstrand, ED physician at OSF HealthCare

“Some people in the emergency department are not able to tell us their health information given what they're presenting for. So, it's so valuable to have basic health information written down.” (:13)

VO TAG

Clothes should be loose and short-sleeved so providers can put an IV in.

What not to do? Don't bring valuables or excess items that will create a mess or trip hazard.