

We look forward to welcoming you to The Victoria Clinic. We understand that this might be a difficult time for you. Even if you have been to the clinic before, this brochure can help you to prepare for your stay.

## Medications

Please bring your current prescription and over-the-counter medications with you (in the packaging) and give these to the nursing staff upon arrival.

## Devices

You are welcome to bring devices that will make your stay more comfortable, such as phones, tablets, laptops, etc. All such devices will be safety-tested at the hospital before you can use them.

## Food and special diets

If you have special dietary needs, you can advise your nurse when you arrive, and our kitchen will do their best to accommodate your needs.

## Please don't bring

We aim to provide a safe environment for everybody; therefore certain items of risk - things that might be harmful to either you or other patients - are either restricted or prohibited.

We encourage valuables to be left at home.

### Items that may be restricted

These items can be brought with you but may be restricted if your treatment team are concerned for safety. If that is the case, they may be stored securely for you. These items are:

#### Vitamins, natural medicines and supplements

#### Craft materials, such as:

- Knitting needles & wool
- Scissors
- Pins & sewing needles
- Measuring tape

#### Some electrical items, such as:

- Electrical shavers

#### Electrical cables, such as:

- Phone chargers
- Headphones

#### Cords, or cord-like materials, such as:

- Dressing gown sashes
- Shoelaces
- Detachable bag straps
- Bandages & slings

#### Some person items, such as:

- Shavers
- Tweezers
- Nail files & polish remover
- Jewellery & necklaces

### Items not to bring

The following items can present a risk, either to you or to other people who are staying at the clinic. We ask that you help to keep everyone safe by not bringing in the following items:

#### Sharp objects, such as:

- Wire
- Knives
- Cutlery
- Needles/syringes

#### Substances, such as:

- Alcohol
- Recreational drugs
- E-cigarettes

#### Plastic bags

#### Oil burners or candles

#### Appliances, such as:

- Hair-dryers & straighteners
- Fans or heaters
- Irons
- Lights or lamps

#### Hot water bottles

## Paperwork

Please bring in the following paperwork (if applicable) for your admission:

- Name and contact details of your next of kin and a second contact person
- Name and contact details of your General Practitioner
- Medicare Card
- Department of Veteran's Affairs Cards
- Private Health Insurance Membership Card
- Safety Net Card
- Pharmacy Entitlement Card
- Driver's license or accepted identification
- Workcover or Transport Accident Commission insurance details
- Any letters from your doctor
- All other health records, such as x-rays or Cardiac card and/or book.

## What else to pack?

- Comfy non-slip shoes and/or slippers
- Comfy clothes for relaxation, yoga or movement classes
- Notebook and pen
- Toiletries

If you have any further questions about packing for your stay, please visit our website:

[www.thevictoriaclinic.com.au](http://www.thevictoriaclinic.com.au)

