Preparation Checklist

- When called to come to the hospital for your transplant, know how you will get to WVU Medicine J.W. Ruby Memorial and who will accompany you:

  Name: _____

  Phone Number: _____

- Reach out to those who will be providing care for children, elder persons, or pets.
- Have a weekend bag ready in preparation for your hospital stay. Items to consider packing for you and your support person:
  - A list of people you would like to contact such as family, employer, insurance case manager, etc.
  - A name and contact for your Medicaid worker (if applicable)
  - Credit card or cash
  - Cellphone and charger
  - Insurance cards and income documents for possible medication assistance programs
  - Personal comfort items (music, lotion, etc.)
  - Clothing such as a robe, pajamas, slip resistant slippers, socks, loose clothes, personal care items, eyeglasses, etc.
  - Small hobby items such as books, magazines, cards, needle work, etc.
- Assign tasks for the people who will be taking care of these:
  - Animal-pet care in your home or another home (Make sure your pet's vaccinations are up to date if taking to a kennel.)
  - Childcare
  - Picking up the newspaper and mail
  - Setting the timer for lights
  - Taking out the garbage
  - Watering house plants
  - Watering the lawn or snow removal
- Identify helpers for post-transplant
  - Care for dependents such as children or elders
  - Drivers (**Reminder:** you may not be able to drive for six weeks post-transplant)
  - Helpers who can assist with household tasks (Make sure to provide them with a housekey and/or method of entry.)

- Power of Attorney or someone who is designated to help assist with paying your bills
- Shoppers that can help you when you have a weight lift restriction