

Here is a checklist of things to do before you come to the hospital:

- Talk to your insurance company and /or employer to make sure your insurance covers the procedure, in case prior authorization is needed.
- If you do not have insurance, please call the Financial Counseling office at 207-662-1949.
- Arrange ahead of time for a driver or other transportation for when you leave the hospital.
- Choose one family member or friend to be a spokesperson to take calls or relay information about how you're doing.
- [Complete an advance directive.](#)
- [Pre-register for your stay.](#)
- Be sure to know what time to come to the hospital. If you have not been told, please check with your doctor.
- Take a shower or bath before you come to the hospital. If provided to you, use special soap as directed.

Things you will need with you:

- Your insurance card and photo ID.
- Money or payment for medicines, time of-service payments, or other small items you may want to buy while in the hospital.
- A list of the current medicines you take at home. Please include how much you take and how often you take it.
- Completed advance directive form.
- Personal health devices.

You may also want these items to make your stay more pleasant:

- Something to read.
- Comfortable nightclothes and slippers.
- Your own items for personal hygiene. Please do not bring perfumes or scented products.



THINGS TO LEAVE AT HOME:

- Valuables, like large sums of cash and jewelry.
- Medicines you take at home, including medical marijuana.
- Electric fan.
- Electric heating pad.
- Electric radio.
- Electric razor.
- Hair dryer.
- Pets.
- Television.
- Weapons.



WE ARE A TOBACCO-FREE AND FRAGRANCE-FREE HOSPITAL

As a reminder, tobacco is not allowed in the hospital or on hospital grounds. This includes e-cigarettes. Visitors can get free emergency nicotine gum from The Pharmacy on the ground floor of the East Tower. The Pharmacy is open 24 hours a day, every day. Tobacco treatment services are available for patients during their hospital stay. This includes counseling, support and help with nicotine replacement to manage cravings or help with quitting. Ask your nurse or doctor to place an order if you would like this support.

For the health and safety of our patients, visitors and staff with severe allergies, we ask that you remain fragrance-free. This includes not using perfume, cologne, lotions or oils with fragrance and being free of smoke odor.