



Checklist to help you prepare for your stay in the clinic

For patients with a spinal cord injury

You may find that not everything on this checklist is relevant to you. Please make sure that you take note of any points that are important for you.

Before your stay

- If you require an upgrade to private or additional insurance, please let us know in good time on telephone +41 41 939 42 81.
- Please inform us of any dietary requirements (e.g. vegetarian or vegan) on telephone +41 41 939 43 43.
- Please inform us by telephone on +41 41 939 69 44 if you are taking any blood-thinning medicine (e.g. aspirin, Aspirin cardio, Plavix, Contra-Schmerz, Saridon, Xarelto, Eliquis, Lixiana, Pradaxa, Marcoumar, Clexane, Brilique, heparin, Fragmin or Fraxiparine).

Paperwork

- Insurance card from your health insurance company
- Copy of advance health care directive, health care proxy and medical representation agreement
- Details of legal guardians
- Details of GP
- Spitex information

Medicine

- Medication card
- Current medicine in its original packaging to cover the first three days
- Allergy card
- Implant card
- Diabetes card
- Port-A-Cath® card
- Quick card
- Pacemaker card
- PICC booklet
- NIV device and/or (at-home) ventilator and personal mask

Personal items

Toiletries, personal care material and daily aids	<input type="checkbox"/>
Nursing aids for emptying your bladder and/or bowel	<input type="checkbox"/>
Pyjamas or nightgown	<input type="checkbox"/>
Comfortable clothes or tracksuit	<input type="checkbox"/>
Electronic devices (mobile, tablet, etc. with charging lead)	<input type="checkbox"/>
Reading material, relaxing music	<input type="checkbox"/>
Glasses and/or contact lenses (with storage case)	<input type="checkbox"/>
Non-slip slippers and/or closed-toe sports shoes	<input type="checkbox"/>
Insoles	<input type="checkbox"/>
Hearing aid	<input type="checkbox"/>
Any aids you have already received (cooling pads, VACOPed shoe, etc.)	<input type="checkbox"/>
Orthosis plus packaging	<input type="checkbox"/>
Personal aids (wedge cushion, long shoe horn, sock aid, etc.)	<input type="checkbox"/>

Aids for your rehabilitation

Electrical stimulation devices	<input type="checkbox"/>
Anal irrigation system	<input type="checkbox"/>
Stoma material to cover seven days	<input type="checkbox"/>
Bladder catheters to cover seven days	<input type="checkbox"/>
Personal care material	<input type="checkbox"/>
Abdominal binder	<input type="checkbox"/>
Wheelchair	<input type="checkbox"/>
Walking aids or rollator	<input type="checkbox"/>
Swiss-Trac	<input type="checkbox"/>
Seat cushions	<input type="checkbox"/>
Shower wheelchair	<input type="checkbox"/>
Cutlery	<input type="checkbox"/>
Dressing aid	<input type="checkbox"/>
Towel for transfer lift	<input type="checkbox"/>
Swimming trunks or swimsuit	<input type="checkbox"/>
Please arrange an appointment in advance on telephone +41 41 939 56 10 or auftragsbearbeitung@orthotec.ch with the company Orthotec to check and adapt your aids (e.g. manual or electric wheelchair).	<input type="checkbox"/>
Further aids:	<input type="checkbox"/>

Notes:
