



## PACKING LIST FOR TIJUANA

\_\_\_\_\_ **PASSPORT/ BIRTH CERTIFICATE & VALID IDENTIFICATION**

\_\_\_\_\_ **MEDICATIONS CURRENTLY TAKING:**

\_\_\_Diabetic \_\_\_High Blood Pressure

\_\_\_Anxiety \_\_\_Depression \_\_\_ Other:\_\_\_\_\_

\_\_\_\_\_ **C-PAP MACHINE (Hospital will charge an additional \$100 to use their machine if you do not have one)**

### **Suggestions from prior patients:**

- 1) Contact your bank to let them know you will be in Mexico so they do not block any transactions should you need to make purchases.
- 2) Contact your cell phone company if Mexico is covered or could be covered in your current plan.
- 3) An extra pillow and light blanket for you and your companion.
- 4) Comfy clothes and shoes
- 5) Reading material (Kindle or Nook, magazines/books, cards etc )
- 6) Extension cord if your phone charger isn't very long.
- 7) 2 **empty** thermoses in your carryon bag. (after airport security checkpoint you will be able to go to a foodcourt and have them fill one with clear liquids or bring gatorade powder in small ziplock bags. The second thermos you may use for broth cubes on the day of your travel. Coffee shops in the airport will gladly fill it up with hot water for you. Doing this will keep you hydrated during your travel and will help with finding your veins for your IV fluids) This is also great for when you travel back home since you will be on broth and clear liquids for 3 days after surgery.
- 8) Heating pad (to help relieve the laparoscopic gas in your body)
- 9) Gas X chewable (again to help with built up gas)
- 10) Notify your airline that you just had surgery. Wheelchair assistance can be provided on your way back and you will go through security faster and be more comfortable in your travels
- 11) Chapstick or lip gloss (lips get dry after waking up from surgery)