



Pre-Admission Checklist for your Inpatient Stay

Before you arrive at Children's Mercy for admission, here is a list of helpful information and questions to consider:

Parking and Accessibility:

- Accessible parking spots are available for vehicles with a state issued license plate or windshield placard, including van-accessible spaces. Free valet parking is available at the Adele Hall Campus (downtown) and at Children's Mercy Kansas
- Adult sized wheelchairs and child size wagons are available at facility entrances
- ADA-equipped restrooms are available throughout our facilities

What to Bring:

- Photo ID for all adults (anyone age 17+)
- Your child's insurance or Medicaid card
- Important medical information such as:
 - Your child's medications, either in original containers or a complete list of names and dosages
 - List of allergies to medications, food or latex
 - List of reactions to anesthesia or to a blood transfusion, previous illnesses and surgeries, or anything that might put your child at risk during the hospital stay
 - Your child's immunization (shot/vaccination) records
 - Any recent lab tests, x-rays or other report not done at Children's Mercy
 - Legal documentation of guardianship, if someone other than the parent is the guardian
- Comfort items for you and your child, such as favorite pillow or blanket, stuffed animal or toys
- For babies and toddlers, don't forget diapers, bottles/formula, and pacifiers
- Clothing, pajamas and shoes for yourself and your child
- Toiletries and hair care items
- Glasses or contact lens supplies
- Cell phone, charger, laptop, books or magazines
- Notebook and pen to keep track of questions and health information

Do not bring:

- Valuables, such as jewelry
- Weapons are not allowed in our facilities or on our grounds
- Tobacco, e-cigarettes, alcohol or illegal drug use is not allowed

Prepare your child for the health care experience:

- Prepare yourself first. Ask your child's doctor any questions or concerns you have regarding hospitalization. By obtaining accurate information you will be able to better prepare your child.
- You know your child best, so talk with them about the hospital in terms they will understand and that are non-threatening. Offer your child honest and developmentally appropriate information. Remember that children have active imaginations and if they do not have enough information, they will make up a story to fill in the gaps
- Encourage your child to express his/her feelings about his/her health care experience.
- Being there with your child is a great source of comfort for him/her.
- Bring special and familiar objects from home to the hospital (for example, photos of the family/pets, favorite toys, stuffed animals, a pillow, etc.).
- Allow your child to have choices and feel in control when possible. Allow your child to choose what to wear, what activity to do, what movie to watch or music to listen to, etc.
- [Child Life Specialists](#) at Children's Mercy will help your child cope with and understand their medical procedures.

Talking with siblings:

- Siblings often have many different feelings when a brother or sister is receiving medical care. Each sibling may react differently to their brother's or sister's illness or injury. Some common reactions siblings may have include: guilt, fear, jealousy, anger or neglect. Encourage them to share their feelings with you.
- What siblings may be imagining about their brother or sister could be much scarier than the truth. Be open, be honest and allow siblings to ask questions.
- Before a sister or brother visits the hospital for the first time, make sure the sibling understands what the hospital is and what the nurses and doctors do. Explain some of the medical equipment that they will see in a way that they can understand. A [Child Life Specialist](#) can help assist in making the visit more comfortable.
- When siblings are unable to visit the hospital, they can keep in touch with their brother or sister by sending drawings, letters, photos and home videos.
- Keep a normal routine as much as possible. Encourage siblings to go to school and take part in normal activities. Spend time together away from the hospital.

Be sure you have addressed the following questions:

- Will I need any special equipment, medication or food/beverages at home after the hospital stay?
- Have I arranged for someone to care for my other children and pets while I am at the hospital?
- Will I need to use the hospital's language services if my child, family or I have communication needs such as hearing impairment, visual difficulties, foreign language translation?
- Has my child taken a bath and removed all makeup, nail polish, piercings, jewelry and contact lenses?
- Have I made arrangements for transportation, or know where to park?

Additional Helpful Information on Childrensmercy.org:

- Feel free to read through the Children's Mercy [Handbook for Patients and Families](#) for more information on hospital resources from dining options to tv channels
- The Handbook is also available in Spanish: [El Manual para Padres y Familias](#)
- Check out this link of helpful hospital resources, including room amenities, dining options and visitor information: [While You Are Here](#)
- [Patient Rights and Responsibilities](#) lists our promises to you, your responsibilities, and hospital expectations.
- If you are in need of sign language or interpreter services, click here for more information: [Language Services](#)
- Download our Children's Mercy app: an interactive map to help you navigate the downtown Adele Hall Campus: [Children's Mercy App](#)