Planning for A Hospital Stay With Chemical Sensitivities

With gratitude to cornallergygirl.com



My surgeon is: Surgery is at:

My expected stay is:

Hospital Pharmacy Contact Information:

Hospital Patient Support Staff Conact Information:

My HIGH RISK Allergens/Sensitivities/Triggers

Item	IT CAN KILL ME	I am Extremely Sensitive	I am Very Sensitive	OFTEN HIDING IN MEDICAL SUPPLIES	I NEED A SAFE SUPPLY	SEE APPENDIX

APPENDIX FOR HIGH-RISK TRIGGERS EXAMPLE

Item:	Corn
See:	

Corn in Medical Supplies and Equipment

College of Pharmacists of British Columbia: Corn-related Allergens

Often Found In: products containing dextrose, maltose, sorbitol, citric acid,

acetic acid

Medical Item	Information/Alternatives
□ IV Solution	Do not use lactated ringers solution. Check for dextrose. Use saline IV
☐ Prefilled Saline Flushes	Do not use. Use plain saline.
☐ Cleansers - Surgical	
☐ Antiseptics	
☐ Lubricants	
□ Sutures	
☐ Adhesives	3M products may be safer
☐ Hand Sanitizers	Do not use / glove up after using
☐ Blood Products	
□ Plasma	
□ Contrasts	
☐ Antibiotics	Corn is growth medium. Consider prophylactic medications.
☐ Coatings (tubing, single-use items)	Rinse before use
□ Soaps	
☐ Gloves	powder-free

APPENDIX FOR HIGH-RISK TRIGGERS

See:	
Often Found In:	
Medical Item	Information/Alternatives
☐ IV Solution	
☐ Prefilled Saline Flushes	
☐ Cleansers - Surgical	
☐ Antiseptics	
☐ Lubricants	
□ Sutures	
☐ Adhesives	
☐ Sanitizers	
☐ Blood Products	
□ Plasma	
☐ Contrasts	
☐ Antibiotics	
☐ Coatings (tubing, single-use items)	
□ Soaps	
☐ Gloves	

MY DAILY AND RESCUE MEDS

My Medications	Safe Sources: Manufacturer, NDC#	Hospital Can Supply	l Will Supply

My HIGH RISK Food Sensitivities

Item	IT CAN KILL ME	I am Extremely Sensitive	I am Very Sensitive	OFTEN HIDING IN PREPARED FOODS	I HAVE SAFE SOURCES	SEE APPENDIX

APPENDIX FOR HIGH RISK FOOD ITEMS

FOOD ITEM	SAFE SOURCES	CAN BE PREPARED FOR ME	I NEED TO BRING IN

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MY PERSONAL ITEMS PLANNING

Things To Bring With Me:

☐ Bedside Organizer	Hygiene Supplies	Sensory	Bedding/Linens
Electronics, etc	☐ Skin care	☐ Ear defenders	☐ sheets
☐ Phone	☐ Lip care	☐ Eye mask	☐ blankets
☐ Other personal electronic devices	☐ Oral care (toothbrush, toothpaste)	☐ Compression items	☐ pillows
☐ charger(s)	☐ Hair care items	☐ Task lamp	☐ pillowcases
☐ Battery packs	☐ Menstrual supplies	☐ Fidgets/sensory tools	☐ Towels, washcloths
☐ Books, magazines	☐ Hand soap		☐ Mattress pads
☐ Puzzles, crafts, etc.	☐ Body soap		
☐ HEPA filter			
☐ Power strip			Clothing
			☐ Hospital gowns
Eating Supplies	Additional/Other	Additional/Other	☐ Grippy socks
☐ plate/bowls			☐ underwear
☐ utensils			☐ Warmth layers
☐ Sippy cup			☐ Tee shirt sleeve
☐ straw			
☐ Dish soap			
☐ Bottled water			