

Personal Kit for Patients going to the Hospital

Revise the list as per your situation depending on short term or long term stay.

Toiletries:

- Comb
- Dentures & its storage box
- Miswak (tooth brush & paste)
- Small mirror

Other things:

- Cell phone
- Ear plugs – if you are sensitive to noises
- Eye pads – to avoid light on eyes
- Hand bag to carry things
- Head scarf (Hijaab)
- Jewelry – *do not take*
- Note pad & pencil
- Pajamas and Robe
- Personal lap-top (computer) ?
- Petty cash
- Quran & various *du`a* - copy with translation – some reading material
- Reading glasses
- Slippers
- Socks – 2 pairs
- Take printed copies of brochures for the sick. Available from www.isna.ca
- *Tasbeeh*
- Water Jug for use in the washroom {wipe the area dry after use}
- Wrist watch
- You can ask for an extra pillow or sheet

Important documents:

- List of medications / or samples of the medicines that you are taking.
- Telephone numbers of family, friends, office, Masjid & family doctor
- Write down your ‘Living Will’. Hospitals carry blank copies for you to fill in. Leave a copy for your family – next to kin.
- Last Will: Remind the family about your will and let them know where you have placed it.
- ...

Other Notes:

At the time of admission, the clerk will ask your name, address, tel. # and other information. They also ask you about any allergies & food habits etc. tell them that you need halal food. If not available, ask for kosher food which is acceptable. Under difficult situation, eat what is available (Quran 6:145).

The admission clerk will also ask about your faith for any emergency situation. Tell that you are Muslim and follow Islam. You may request for a volunteer Muslim or Muslima visitor from the Spiritual Care department. All hospitals maintain a common meditation room where, your visiting family can perform *salaat*. Copies of Qur`an are also available there for reciting. Keep in mind that this place is also for other faith groups. Show your respect to all.

Do your best to keep up *tahara* (washing after relieving). But do not despair if you find it difficult. If you cannot perform *wudu* with water, you can do *tayammum* on anything in front including your bed sheet since you are so helpless. You can perform *salaah* in the bed or in chair. Due to any medical situation, if you cannot perform *salaat* physically, do it by signs (action) either with finger or by moving eyes. One cannot postpone or neglect the *faraidh*.

When you are attending to *salaat* in bed, it is a smart idea to leave a note on a piece of paper saying “**Praying; 5 minutes please**”. This, you may place close to you but clearly visible to your visitor. The attending medical staff or your visitors will notice this note and give you time.

For the qibla (direction for *salaat*), ask the nurse for the direction of north and calculate accordingly. Or, just guess.

Private telephone and computer cable connection will cost extra. Nurses and other medical staff are always ready to help. Be kind and appreciate their service. Remember, they run on very busy schedules.

Lastly, it is the policy of any hospital to inform condition of the health to patients themselves. Sometimes the news could be very hard to take. If you want any member of your family be present or spoke first, express

your concern about this to the staff. No matter what, put your complete trust in Allah *Subhanahu wa Ta'ala* and be ready to take life as it comes.

For any unusual help, you can always ask your nurse to call *Social Department* of the hospital. Their representative will advise you suitably.

Other brochures at ISNA;

- 'Coping with Sickness'
- 'RU 4 Surgery?'
- 'Welcome New Baby!'
- Smile, The Best Medicine
- Attending the Dying
- 'Islamic Funeral Services Information'
- Palliative Care: Islamic Perspectives
- 'Islam ... at a glance'

'*Islamic Perspectives on Coping with Sickness*' **book** written by Amjad R M Syed; published by ISNA Canada.

Your other needs & reminders

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وإذا مرضت فهو يشفين

Wa idha maridtu fa-huwa yashfeen

And when I am sick, it is He (Allah) Who cures me.
Quran 26:80

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Muslim Patients Visiting Services

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