# FPIES Hospital Bag essentials!

We recommend that you have an emergency bag prepared and ready (similar to your bag you had ready for labour)

Some families keep the bag at home with them, some families have two bags… one for home and one for in the car. Whichever you decide is best for you, If it is ready, you can always ask a family member to bring it to the hospital should you need it.

* Change of clothes for child (at least 2) – remember that your child’s observations will be done at regular intervals and your child may need a cannula, so pack short sleeved tops for easy access.
* Your child’s safe milk – don’t assume that they have specialised milks in hospital.
* Nappies
* Wipes
* Muslin cloths or small towels
* A comfort blanket from home
* Change of clothes for parent(s).
* Basic toiletries for yourself – toothbrush, shower gel, hair brush, deodorant etc.
* Paracetamol (for you) – after a stressful period, you can end up very drained, many parents say they end up with a tension headache.
* Any medication that your child is currently on – don’t assume that the hospital will have ‘special’ medications, eg lactose, corn, sorbitol free.
* Change for car park
* Mobile phone and charger – although many hospitals have a bed side phone.
* Snacks for yourself and your child (some families have found that the hospitals cannot cater for a child with multiple allergies.)
* Your child’s hospital notes and passport letter if you have one.
* FPIES Information letter, for Doctors unaware of FPIES and how to treat it.

This is just a list of ideas, you may find that your hospital can provide you with many of the things above.

For longer stays in hospital you may want to consider taking additional items, such as;

* Your own steriliser, bottles and cutlery for you child (particularly if they are trace sensitive.)
* Familiar toys and items from home.
* I pad / portable dvd player.