

Going to the ER?

Here's How to Prepare Like a Pro

Whether planned or unexpected, an emergency room (ER) visit can be stressful. Proper preparation can help streamline the experience and ensure you receive the best possible care. Below are some items you should consider having ready for any potential a ER visit:



Gather Essential Documents

- Government-issued ID
- Insurance card or information
- Medical history (conditions, allergies, medications, past surgeries)
- Advance directives or power of attorney (if applicable)

Pack a Small Emergency Bag

- Current medication list (names, dosages, and schedules)
- Phone charger
- Notepad and pen
- Personal comfort items (blanket, pillow, etc.)
- Snacks and water
- Change of clothes

Plan for Communication

- Contact information for family, caregivers, and primary care physician
- Notify a trusted person about your visit
- Ensure someone can provide transportation if needed

Since ERs prioritize patients based on urgency, not arrival time, you may experience delays. Bring reading material, headphones, or other small distractions to pass the time. Many hospitals also still enforce infectious disease protocols, such as mask requirements and visitor restrictions. Be sure to check ahead to understand your hospital's current rules.



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By organizing these essentials in advance, you'll reduce stress and ensure you're prepared for any situation, allowing healthcare providers to focus on giving you the care you need.