



WHAT YOU NEED TO KNOW PRIOR TO ADMISSION

What to bring in:

- Medical aid card and ID for copying
- R650.00 admission fee (preferably in cash)
- Warm clothing in case of cold weather
- Comfortable closed shoes for walking & sun hat.
- Any chronic/psychiatric medication that you may currently be taking, **in its original packaging**. No pill sorters permitted. **No other medication may be brought in.**
- Wheatie bag – no hot water bottles are allowed
- Water bottle for drinking water (plastic only)
- Plastic coat hangers. (No wood or metal allowed)
- R50 deposit for padlock if you would like to lock up your belongings, or bring your own
- **No firearms permitted.** Please arrange safekeeping of these elsewhere
- Diabetic patients, please bring in your glucometer, glucose strips and lancets.
- Medical aid will only pay for psychiatric medication while a patient is in hospital. Any other medication will be for the patient's account.

Other useful information

- **No use of drugs or alcohol for at least the past 72 hours – we do not have detox facilities**
- No open boxes of cigarettes are permitted on admission, and only branded disposable vapes are allowed.
- Cell phones and laptops will be handed in to the nurses during the day and night. You will have access to these after 15h30 each day until 10h00pm.
- We have limited open wi-fi, so please make sure you have your own data if needed.
- You may bring your own hairdryer and phone charger; however, this will need to be stored at the nurse's station for safety purposes.
- We do not allow electric blankets or fans/heaters.
- We do provide blankets, towels and pillows; however, you may bring your own.
- Any sharp or potentially dangerous item will be stored at the nurse's station for safekeeping. This includes razors and belts.
- The laundry service is outsourced. Laundry is sent off on a Monday, Wednesday and Friday. The laundry bills us, and we pass that cost on to the patient's account to be settled on discharge. R70-00/kg. You may bring hand wash powder to wash in basin. Wash line and pegs available.
- You are provided with 3 full meals, as well as a snack and 4 x tea/coffee daily. Should you wish to bring your own snacks please ensure that they are healthy. There is no milk available outside of our specified tea/coffee times, but you are welcome to bring coffee sachets with you. We do not allow energy drinks. You may use an app to order items in, patients are not permitted to go to town. Please make sure you bring sufficient cigarettes, snacks etc. but please bear in mind that there is no refrigeration space available for patients.
- Visiting hours are only between 16h00 to 17h00 daily and an extra one from 11h00 to 12h00 on a Sunday.
- No day pass outs are allowed within the first week of admission.

We look forward to welcoming you on admission.