

Preparation for my inpatient stay at the Sanatorium Kilchberg

We look forward to welcoming you to Sanatorium Kilchberg soon. We would like to provide you with a few tips in advance to help you prepare for your inpatient stay.

WHAT SHOULD I BRING WITH ME?

You will move around the clinic in your everyday clothes. We recommend that you bring the following with you:

- Appropriate daywear
- Comfortable sportswear and sneakers
- Weatherproof streetwear
- Pyjamas
- Slippers
- Toiletries
- Hair dryer
- Little cash for personal needs

You will receive towels and bed linen from us. We will be happy to clean your private laundry for a fee. However, you also have the option of washing your own clothes on the ward free of charge. Our clinic has a gym and a fitness room, which you can use by appointment. If you would like to swim, you can use the public indoor swimming pool in Kilchberg at your own risk after consulting your treating specialist.

If available, please also bring them with you:

- Current insurance card from the health insurance company
- Proof of existing supplementary insurance
- Identity card, foreigner's identity card or passport
- Living will
- A list of all medications you are taking, including prescription and over-the-counter medications, and dietary supplements.
- Reports from previous treatments
- Assistive device (e.g. glasses, walking stick, hearing aid with batteries, dentures)

WHAT HELPS ME TO FEEL GOOD?

We also recommend that you take things with you that give you pleasure, e.g.:

- Books
- Magazines
- MP3 player with headphones
- Arts and craft supplies
- Games
- Writing utensils
- Diary / notebook / address book
- Cell phone and charger
- Laptop or tablet PC and charger

We offer complimentary Internet access in all clinic buildings. Telephones are available on the wards for private calls. TV sets or entertainment devices are available in all rooms in the private wards. Patients with general health insurance have the option of renting a TV set (CHF 4/day).

WHAT SHOULD I LEAVE AT HOME?

We recommend that you leave valuables or large sums of money at home or hand them over to the patient administration department upon arrival for safekeeping, against a receipt. Safes are available in the rooms of the private wards. We cannot accept any liability for any loss of money or valuables you bring with you.

Out of consideration for other people, pets are not allowed.

The consumption of alcohol, CBD and illegal substances is not permitted during your stay at our clinic. Smoking is permitted in the designated areas.

As a general rule, you are not allowed to drive a motor vehicle during your stay at the clinic, as your ability to drive may be affected by your state of health or the medication you are taking. It is not possible to park on the clinic premises for more than 24 hours. Inpatients must therefore park their cars outside the clinic grounds or travel to the clinic by public transport.

WHAT SHOULD I ORGANIZE IN ADVANCE?

In the event of a longer, planned stay, we recommend that you arrange for mail forwarding with the post office.

Please enter the following address:

First and last name
Sanatorium Kilchberg AG
Alte Landstrasse 70
8802 Kilchberg

Administrative matters and doctor's appointments should be arranged in advance whenever possible. During an inpatient stay, medical appointments are generally not covered by health insurance and may be at your expense. Please inform your GP practice, psychiatrist or psychologist of your forthcoming admission.

If you have any questions about insurance cover, please contact the patient administration staff (044 716 42 32 or pata@sanatorium-kilchberg.ch). If you are insured under the family doctor model, it is essential to inform your family doctor's practice or your health insurance company about your planned hospital stay before entering the clinic.

HOW DO I GET TO THE CLINIC?

We recommend the use of public transportation. Upon arrival, we kindly ask you to report to reception House B.

By bus	From Zurich main station take tram no. 11 to Bürkliplatz, from Bürkliplatz bus no. 161 to Kilchberg (Sanatorium Kilchberg stop).
Train	S8 and S24 from Zurich main station to station Kilchberg.
Footpath	Walking distance train station Kilchberg-Sanatorium: approx. 8 minutes. Note: Steep ascent. If you are traveling with heavy luggage, we recommend taking bus no. 161, which stops directly in front of Sanatorium Kilchberg.

If you have any further questions, please do not hesitate to contact our triage department (044 716 42 75). We wish you a pleasant stay at Sanatorium Kilchberg.