

What to Bring to the Emergency Department or Urgent Care Centre

If you are experiencing a life-threatening situation, immediately call 911 or go to the nearest emergency department, regardless of the wait time.

If you are able, bringing these items when coming to the emergency department or urgent care centre can make your visit easier.

Recommended:

- ☐ Government-issued photo identification
- ☐ Alberta Personal Health Card
- ☐ Name of your family doctor, if you have one
- ☐ Green Sleeve/Goals of Care, if you have one
- ☐ List of your current medications and/or a 24-hour supply of your medications
- ☐ Portable oxygen, if you use this at home
- ☐ A support person or caregiver

Also Consider:

- ☐ Sweater, jacket, slippers and/or blanket
- ☐ Book or magazine
- ☐ Your child's favorite toy or book, if children are coming with you
- ☐ Cellphone and charger
- ☐ Water bottle
- ☐ Lip balm
- ☐ Healthy snacks
- ☐ Headphones

Do not bring:

- ☒ Valuables, including cash or expensive jewelry

We are here to care for you when you come to the emergency department or urgent care centre.

Emergency departments and urgent care centres always care for the sickest patients first. When you arrive, we will determine how quickly you need to be seen. Depending on your condition, you may have to wait while we care for others.