

Bringing Your Loved One Food From Outside the Hospital



IH-IV-164
W.D. 5/04
Pg. 1 of 1

It is best that your loved one eat only the food given by the hospital at mealtimes. Sometimes a patient may not eat enough, even though food is important to help them heal. Bringing favorite foods from outside the hospital may get them to eat more. If you bring food from outside the hospital, then:

1. **Stop and check in** at the front desk in the nursing unit before bringing food into the patient's room.



2. The food must be OK with the diet the doctor has ordered (unless the doctor has said that other foods are OK). If you are not sure what food is OK to bring, ask the nurse to page the dietitian.

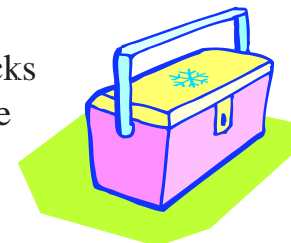
3. If the food needs to be refrigerated, bring only the amount of food that the patient can eat at one meal. Any food that is not eaten must be thrown away. Nursing units will not be able to store any food in their refrigerator for you.



4. If the food does not need to be refrigerated (such as crackers, peanut butter, tortillas, granola bars) then a small amount can be kept at your loved one's bedside.



5. It is best to bring all food for the patient in a cooler with ice packs to keep it cold. This will help keep the food safe and protect the patient from food poisoning.



6. If the patient is on "neutropenic precautions", do **not** bring any fresh fruit or fresh vegetables. If you have any questions about this, ask the nurse.