

Pre-admission information



Dear patient

At Life Poortview we are passionate about providing the best treatment possible to support your healing process. Because we know each patient's journey is different, we want to ensure that your admission and stay with us is as comfortable and stress free as possible. To assist to prepare for your stay, please take note of the following information.

What to bring?

- Identification
ID card/book/driver's license of patient and medical aid main member.
- Medical aid card
- Comfortable and casual clothing
All patients should wear comfortable, casual clothing during the day. Clothing must be appropriate for groups, relaxation and light exercise activities. Nightclothes, slippers and dressing gowns are for sleeping only, no sleep wear is permitted outside the bedroom.
Shoes and slippers should have non-slip soles. Preferably no 'flip-flops'. Laundry facilities are not available.
- Medication
Remember to bring all your prescribed chronic medication, enough to last for the duration of your stay. All medication should be in original containers, not as loose tablets or prepacked weekly containers. If possible, please bring a recent copy of your chronic script with, either a hard copy or on your phone/device.
- All prescriptions
Over the counter or herbal medication must be declared on admission and handed over to the professional nurse in charge. This includes contraceptives, vitamins and chronic medication. You are encouraged to bring a list of all your medication if you have it at hand.
- Toiletries
Please bring personal toiletries but take note that any sharp objects for example nail clippers, razors, scissors, and electrical appliances such as hairdryers or straighteners, will be locked away at the nurses' station when not needed, and must be returned immediately after use. Patients admitted to our DDU programme may not bring any cosmetic products containing alcohol, including mouthwash which contains alcohol.
- Padlock with a key (32mm)
A cupboard will be allocated to you once admitted.
- Towels
Please bring your own towel/(s) with.
- Pen and notebook
- Vehicles
We recommend that someone drops you off at the facility as cars are not allowed to be left on the premises. A parking fee will be charged at R50 per day. Vehicles will be parked at your own risk.



- Cigarettes
In keeping with the regulations, we do not sell cigarettes on the premises, if you are a smoker, please bring cigarettes with.
- Money
We advise that you bring about R300 if you wish to purchase any items from the Tuck Shop. The coffee shop also has card facilities.

What not to bring?

- Valuables
We advise you not to bring anything of value as Life Poortview cannot be held responsible for the loss of any valuable or personal belongings. It is recommended that these items are left at home.
- No alcohol or illicit drugs
No alcohol or drugs are permitted at Life Poortview; this refers to substances in your possession as well as any family or visitors. Life Poortview reserves the right to immediately discharge you if you do not adhere to this policy and to report any illicit drugs to the South African Police Service.
- Weapons and sharp objects
No weapons or any sharp objects of any kind is permitted at Life Poortview, this includes, but is not limited to knives, pepper spray, nail scissors/clippers, razors, etc.

General

- Use of cell phone and other technology is only allowed according to the hospital specific policy.
- Visiting hours
Wednesdays 16h00 - 18h00
Saturdays and Sundays 13h00 - 16h00
Due to the nature of our environment and the risk involved, we discourage any visitors below the age of 12 years.
- Take-aways or commercial deliveries will not be allowed during your stay in the facility.

Should you require more information please contact us telephonically on 087 352 2100 or via email, lifepoortview@lifehealthcare.co.za