

Checklist for your treatment at Vogur Hospital

Welcome to Vogur Hospital

Communication and cooperation between fellow patients and with the staff at Vogur are really important.

Therefore we ask of you to uphold these rules of conduct in your treatment at Vogur:

I will apply myself to hold in regard:

- to be considerate, attentive and respectful of others
- to uphold confidentiality about what I see and hear in the treatment from or about other fellow patients, and not to talk about fellow patients private affairs outside of the treatment
- to accept treatment from SÁÁ willingly and to partake in the daily programme as my health allows
- not to be too graphical or overly detailed in my narratives towards fellow patients about my substance abuse, or about difficult experience or any kind of violence that I have gone through
- not to be threatening in my words nor actions, and not to be harrasive nor violent
- not to use alcohol nor other drug/medicine while in treatment
- to tell the staff about my drug-, medicine- and/or alcohol abuse
- to be willing to take a drug test if requested/required
- to talk to the staff if I am thinking about leaving the treatment

For your stay at Vogur Hospital you need to bring with you:

- Comfortable and modest clothing that cover the whole body. Please note that tank tops and shorts are not allowed as a daily clothing. Patients can bring a robe but it's not a mandatory as a daily clothing.
- Warm clothing and wool underwear, especially in the winter time. Outdoor shoes/boots for daily out door walks. Inside shoes/slippers etc.
- Long or short sleeve t-shirts, underwear, socks, for the duration of the treatment (on average 10-14 days)
- Please note, **there is not** a laundromat on site for the patients clothes to be washed
- Daily personal hygiene items (including items for oral-, hair and beard care)
- An alarm clock and a watch (smart watches and radio clocks are not allowed at Vogur Hospital)

- Books and other reading materials on Kindle (iPad's are not allowed at Vogur Hospital nor internet connected Kindle's). Mp3's and iPod's without internet connection are allowed and must be only listened to with headphones, the devices are the sole responsibility of the patient
- Debet/creditcard and/or money for phone card for the pay phone and the vending machines
- Prescription medication
- Only **clear water** bottles/containers are allowed

Other important notes:

- All smart devices (cell phones, smart watches etc) will be stored while you are in treatment. There is a pay phone on site that takes phone cards that are sold on site. You will have access to your cell phone at scheduled phone hours which are once a day. Remember to bring a cell phone charger.
- Like other healthcare institutions Vogur Hospital is a non smoking institution. There is an outdoor smoking area for patients who use vape or cigarettes. **Single use, unopened and sealed vapes and cigarettes are allowed but only in the outdoor smoking area.** Multi use vapes, pipes, loose (snus) or rolled tobacco are not allowed at Vogur. We always recommend nicotine products (nicotine gum and patches) rather than tobacco use. Nicotine products are not sold on site.
- Deliveries to patients are accepted from 12:00 – 22:00, extra clothing, medicine, tobacco and such. Food, candy and beverages are not accepted.
- **Please note: Patients are responsible for their own valuables and belongings.**

We look forward to seeing you