

Things to Know Before You Come For a Hospital Stay

Medication Safety

In order to help us protect you from unusual drug effects while you are a patient, it is important for the hospital to have a COMPLETE and ACCURATE list of all your medications. Please bring this list with you to pre-admission and on the day of surgery.

Your list should include ALL prescription medications, over-the-counter pills and preparations and any form of herbal products (pill, minerals, oils, ointments) you use.

For each medication, it's vital that you include the exact dosage, how often you take the medication and why you take it.

Sharing information about your medications is one of the most important ways you can help us help you.

Visitors During Your Stay

Patients are our top priority at Swedish. We know that it helps to have family and friends visit you in the hospital. Visits are only limited by your wishes or the wishes of the patient sharing the room. However, staff may limit visits because of a patient's need for care or rest. Please speak with your nurse about the best time and length for visits. Families and friends are asked to plan visits so that not everyone is visiting at the same time.

Visitors Should be in Good Health

If your friends or family members have an illness that is easily spread to others (a cold or cough, the flu, chicken pox), please tell them to stay home and get well.

Hand Hygiene

Hand hygiene is the most effective way to prevent the spread of germs. All visitors are required to wash their hands or use alcohol gel before and after their visit. While you are here as a patient, it is ok to ask your providers if they have washed their hands or used alcohol hand gel.

Visitor I.D. Badges Required After-hours

For safety reasons, visitors who come to the hospital after 9 p.m. or before 7 a.m. will be issued a temporary badge. Please ask the nurse on the unit to help your visitor get an I.D. badge. Anyone without an I.D. badge after hours will be questioned by Security.

Pets and Service Animals

We know that pets can be a part of a patient's family. However, due to general health issues, only licensed service and therapy animals may come to visit.

If You Smoke

Our mission at Swedish is to improve the health and well-being of each person we serve, from patients, their families and visitors to our staff, physicians and volunteers. Part of our commitment to this mission is to provide a safe and healthy environment. To that end, Swedish is a smoke-free facility — inside and out — on all campuses and in all clinics.

During a stay in the hospital, you will not be allowed to leave the building to smoke. However, to help during this time, we have nicotine-replacement therapies readily available that can be billed as part of your insurance benefits.

Visitors who smoke must do so on public sidewalks, at least 25 feet from building entrances, exits, windows that can open, air conditioners, vents or other air-intake systems.

Swedish offers a program to help people quit smoking. If you would like information about the program, please call 206-320-3300.

Use of Electronic Equipment

In the hospital, the indoor use of a cell phone, personal digital assistant (PDA), pager or laptop computer is limited. You must be at least 10 feet from any medical equipment. Hallways and waiting rooms are the best places to use these devices.

Preventing Falls

While you are in the hospital, you may be at greater risk for falling. This may be due to unfamiliarity with your surroundings, medications, altered sleep patterns or tubes, cords and machines that make movement difficult. Because falls can cause new injuries or setbacks in your recovery, we want to do everything possible to prevent them. You can help by following these precautions:

- Ask for help to get out of bed
- Move slowly to get up
- Wear non-skid footwear
- Report any spills
- Use a night-light
- Use handrails in bathroom and halls
- Learn proper use of hospital equipment such as walkers and canes

Paying for Take-Home Medications

When you are discharged from Swedish, your doctor may order one or more medications for you to take at home. The following information will help you plan ahead for this possibility:

- Because you have been asked not to bring valuables with you to the hospital, ask the

person who will be escorting you home to bring cash, or a debit or credit card to pay for any discharge/take-home prescription(s).

- You can have your discharge prescriptions filled by an outside pharmacy or by Swedish pharmacies on the Cherry Hill campus, the First Hill campus and the Swedish Orthopedic Institute.
- If you want to use an outside pharmacy, ask your doctor or nurse for a paper copy of the prescription to take with you. (Note: You will need to use an outside pharmacy if you're discharged from the Ballard campus.)
- Please be prepared to pay a portion or all of the charge (according to your prescription drug coverage) when you pick up the medication(s). If you have prescription insurance, please have your prescription insurance card available at time of pick-up to ensure that we have the correct billing information.
- *Medicare-only patients:* If you have Medicare part A and B with no part D prescription coverage and choose to have your discharge prescriptions filled at Swedish, please note that Medicare part A and B does not cover prescriptions. You will be expected to pay the regular prescription fees.
- *Labor & Industry:* If you currently are covered under a Washington state or self-insured labor and industries claim, you may need to pay discharge medication prescription fees and then seek reimbursement from the appropriate L&I agency. Swedish pharmacies bill some L&I agencies for prescriptions, if we have the appropriate claim information and the prescriber is approved by the L&I agency.

