“Other people may be there to help us, teach us, guide us along our path, but the lesson to be learned is always ours.”

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Wesley Medical Center

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www.wesley.com 601-268-8000
Welcome to Wesley Medical Center. We are very pleased that you have chosen us for your hospital stay. Wesley Medical Center is proud to have a team of healthcare professionals trained to ensure that you and your loved ones have as positive of a stay here as possible.

At Wesley Medical Center, we take a patient-centered approach to the delivery of healthcare services. We believe that each patient is an individual with rights, responsibilities and choices regarding their personal health and lifestyle. Our goal is to create a nurturing hospital environment – one that is supportive, friendly, caring and safe – where concepts and practices of good health can be integrated and applied personally for the benefit of individuals and the community at large.

Our staff will always treat you with courtesy and respect while listening very carefully to your needs, and explaining treatments and procedures in a way that you can easily understand them. Compassionate care coupled with the latest, most up-to-date technology, services and training provides our patients at Wesley Medical Center with the best healthcare in the region.

Along with state-of-the-art medical technology, Wesley Medical Center offers many additional services to assist you in your journey toward restored or improved health. These services include nutritional planning, cardiovascular rehabilitation, physical rehabilitation, occupational health services, wound care, home health care and an exercise facility with a swimming pool, weight room, basketball court and a variety of aerobic-style classes. As a part of your healing process, we encourage you to take full advantage of all that Wesley Medical Center has to offer.

Wesley Medical Center uses the HealthStream organization to measure patient satisfaction. You may be randomly selected by HealthStream to answer questions about your hospital stay. If you are contacted,
we encourage you to participate in the survey. Your responses will help us know our areas of strength and opportunities for improvement.

Thank you for choosing Wesley Medical Center as your healthcare provider. We know that having you entrust us with your healthcare needs is a privilege. Every day, we strive to uphold the principles upon which Wesley Medical Center was founded: Loving God, Serving Others, Excelling in Healthcare. We value you as a patient, and we look forward to caring for your needs now and in the future.

Sincerely,

Mike Neuendorf
CEO, Wesley Medical Center

If you have any questions or needs while you are a patient at Wesley Medical Center, please don't hesitate to ask any member of our Wesley family.
Wesley Medical Center is a 211-bed healthcare facility that is dedicated to providing high quality medical services and personal, compassionate, Christian care.

Wesley ranks #1 in Mississippi for Cardiac Care, Gastrointestinal Care, Major Orthopedic Surgery, Joint Replacement, and Spinal Surgery as earned in the 2012 medical excellence awards announced by CareChex.

Wesley has been recognized by The Joint Commission as a Top Performer on Key Quality Measures in the areas of Heart Attack, Heart Failure, Surgical Care and Pneumonia two years in a row. Nationwide, only 244 hospitals hold this distinction.

Wesley Medical Center is the first and only Accredited Chest Pain Center in the Pine Belt, and our 45-Minutes-or-Less ER Service Pledge means that we strive to provide quality emergency care faster.

Wesley brought daVinci minimally invasive surgery to the Pine Belt in 2007, and invested in the most recent technology by upgrading to the daVinci Si Surgical System in 2011.

Nearly 250 physicians have privileges to practice at Wesley Medical Center, where we offer acute and intensive-care services, in addition to a variety of specialized services including Women’s Services and complete Cardiac Care.

Wesley Medical Center has an onsite fitness center that offers traditional exercise programs to individuals.
throughout the community, along with cardiac rehabilitation programs and aquatic rehabilitation and food/nutrition training services for patients.

Wesley is located on a beautiful 85-acre healthcare campus in west Hattiesburg, along one of the most rapidly expanding retail corridors in Lamar County.

Our Services include:
- 24-hour Emergency Services
- Behavioral Health
- Comprehensive Cardiac Care
- Cardiopulmonary Rehabilitation
- DaVinci® Robotic Surgery
- GI/Endoscopy Lab
- Hearing Aids and Audiology
- Home Health Services
- Hospitalist Program
- Imaging
- Institute for Wellness and Sports Medicine
- Intensive Care (ICU, Neonatal, CVR)
- Inpatient/Outpatient Surgery
- Laboratory Services
- Neurology
- Neurosurgery
- Occupational Medicine Program (Work Well)
- Pain Medicine Services.
- Pediatrics
- Rehabilitation Services
- Respiratory Services
- Sleep Studies
- Sub-acute Transitional Care Unit
- The Hip and Knee Institute at Wesley (Orthopedic Unit)
- The Diabetes Center
- The Birth Center
- Women’s Services
- Work Well Occupational Medicine
- Wound Care and Center

Hourly Rounding
An important part of providing you with excellent care and service is Hourly Rounding to check on you. We are going to stop by your room to check in on you every hour during the day and every 2 hours at night. We will check on your pain, assist with bathroom needs, assist with comfort, and answer any questions. We will not wake you up if you are sleeping unless we absolutely need to. Our goal is to provide you with excellent care and we want to ensure that we are doing everything we can to meet your needs.
Our Commitment to Care

Patient Advocate

At Wesley Medical Center, we are committed to providing every patient and their family with exceptional care and service in a personal and professional manner. Nursing leaders on each of the nursing units make it a point to visit with each patient and family and provide you with their personal contact information for special needs you may have.

Our Patient Advocates in Leadership (PALS), made up of all Wesley leadership, will visit your room during your stay. Wesley is dedicated to assisting you with any needs you might have and we appreciate being notified immediately if special needs arise so they may be addressed.

If you have concerns or issues about any aspect of your care or the services provided to you or your family, please do not hesitate to let the Nursing leaders or, the Patient Advocates in Leadership (PALS) know.

If you would like to speak to the hospitals dedicated Patient Advocate you may dial 8069 from your patient room or dial 601-268-8069 if you are calling from another phone. The dedicated Patient Advocate is available Monday through Friday from 8:00 am until 5:00 pm. After 5:00 pm and on the weekends or Holidays, the Nursing Supervisor serves as the patient advocate. Dial 8069 or dial “O” and ask the operator to page the Nursing Supervisor.

You may also contact Wesley’s Customer Service Department during regular business hours by dialing 8405 from your patient room or 601-268-8405 if you are calling from outside the hospital.
Your Satisfaction

We encourage your feedback to improve care.

Your health care is our priority. To determine where improvements are needed, this hospital takes part in the Hospital Consumer Assessment of Health Providers and Systems (HCAHPS) survey. The HCAHPS survey measures your satisfaction with the quality of your care. It is designed to be a standardized tool for measuring and reporting satisfaction across all hospitals in the U.S.

After you are released from the hospital, you may be selected to participate in the HCAHPS survey. The telephone survey asks multiple choice questions about your hospital stay.

What is HCAHPS?
The HCAHPS survey is backed by the U.S. Department of Health and Human Services. The survey is used to improve the quality of health care. HCAHPS makes survey results public so hospitals are aware of where changes are needed. The results also enable healthcare consumers to review and compare hospitals before choosing a healthcare provider.

You are part of the team

COMMUNICATE It’s your health; don’t be afraid to ask your doctors and nurses questions.

PARTICIPATE You are the center of your healthcare team so ask questions, understand your treatment plan and medications, and communicate with your doctors and nurses.

APPRECIATE There are hundreds of people in the hospital who need help; please be patient as doctors and nurses attend to everyone.

Hospital Compare
is a government website that allows users to compare the quality of care provided by hospitals. The information provided on this website is based on HCAHPS survey results.

www.hospitalcompare.hhs.gov

The Joint Commission
has created quality and safety standards for healthcare organizations. The Joint Commission reviews, accredits, and certifies healthcare organizations that meet their high standards. Quality reports for all accredited organizations are available on their website.

www.qualitycheck.org
**Telephone Directory**

**MAIN NUMBER**
601-268-8000

**Patient Advocate**
601-268-8069

**Discharge Planning**
601-268-8656

**Financial Services**
601-268-8058

**Pharmacy**
601-268-8181

**Cafeteria**
601-268-8479

Visit us at
www.wesley.com

Behavioral Healthcare Center 601-268-5026
Birth Center 601-268-5970
Business Services 601-268-8118
Case Management 601-268-8091
Cafeteria 601-268-8479
Customer Service 601-268-8405
Dial-a-Devotion 601-268-8600
Dietary 601-268-8190
Discharge Planning 601-268-8656
Education Services 601-268-8446
Financial Services 601-268-8058
Hearing Aids and Audiology 601-268-8164
Home Health 601-268-8450
Institute for Wellness
& Sports Medicine 601-268-5010
Outpatient Rehabilitation 601-268-8563
Pastoral Services 601-268-8403
Patient Advocate 601-268-8069
Pharmacy 601-268-8181
Privacy Officer 601-268-8557
Senior Circle 601-268-8192
Social Services 601-268-8066
Subway 601-296-3780
Volunteer Services 601-268-8405

**Calling a Department WITHIN the Hospital?**

*Dial the last four digits of the number.*

**Dial a patient room by dialing**

*8 + the 3-digit room number.*
Visitation Policy and Visitation Hours

Access for visitors is determined by each patient’s condition and desires as well as by the activity constraints of various patient-care areas. All visitors are expected to be considerate of patients, other visitors and the staff while in the facility or on the grounds of the hospital. The number of visitors, and visiting in general, may be restricted by the patient’s physician, charge nurse or by request of the patient’s family.

Children are allowed to visit a patient unless restricted by nurse or physician. A responsible adult must accompany a child at all times. No children under the age of 12 shall be left in a patient room alone with the patient. Children are not allowed to visit patients in the ICU or CVR, and children under the age of 12 are not allowed in the ICU or CVR waiting areas.

General visiting hours begin at 6:00 am and end each evening at 9:00 pm. At 8:45 pm an announcement is made throughout the hospital that visiting hours will end in 15 minutes. We ask that visitors take this time to gather their personal belongings and begin making their way to the hospital exits.

Access to the hospital building is limited between 9:00 pm and 6:00 am. Entrance to and exit from the hospital during this time is located only through the Emergency Services Department, which is located at the front of the hospital.

Patients have the right to request a family member or friend stay with them after visiting hours. Allowances will be made for these visitors to stay as long as their presence is not detrimental to the care and wellbeing of the patient. Special restriction may apply for specific patient populations during flu season from October to March. Visitation privileges are not restricted on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, or disability.

Statement of Patient’s Visitation Rights

Prior to care being provided, Wesley Medical Center shall inform each patient or the selected Support Person, (where appropriate) in writing of:

Smoking

Wesley Medical Center is a tobacco-free campus. Therefore, the use of tobacco or the use of electronic cigarettes is not permitted on/in hospital property or within its campus facilities. For your own safety and the safety of the patients and visitors of Wesley Medical Center, we ask that all patients and visitors cooperate with the hospital's tobacco-free policy.
During Your Stay

Wesley Medical Center’s Cafeteria
The cafeteria is located in the northwest wing of the hospital’s first floor. Hours of operation are as follows:

Monday through Friday
Breakfast
7:00 am – 10:00 am
(Grill service is available.)
Lunch
11:00 am – 1:30 pm
(Grill service is available.)
Dinner
5:00 pm – 6:00 pm

The cafeteria is open from 1:30 pm – 4:00 pm for guests to purchase soup, salad, dessert and snack items.

Saturday, Sunday and Holidays
Breakfast
7:00 am – 10:00 am
Lunch
11:00 am – 1:30 pm
Grill service/Dinner are not available.

a. Patients visitation rights
b. Patients’ rights to receive visitors whom he or she designates including but not limited to spouse, domestic partner (including a same-sex domestic partner), another family member, or a friend

c. Patient’s rights to withdraw or deny such consent at any time

d. Justified Clinical Restrictions which may be imposed on a patient’s visitation rights. All visitors designated by the patient or Support person (where appropriate) shall enjoy visitation privileges that are no more restrictive than those that immediate family member would enjoy.

If a patient room door displays an Isolation or Restricted Visitation sign, visitors must first check in with the nurses’ station before entering the patient room. If a visitor has a cold, temperature, cough or other illness, the visitor must check with the nurse for instructions before entering the patient room. For any clarification or questions about visitation, please ask your nurse.

Dining
Wesley Medical Center’s Dietary Department takes pleasure in serving you nutritious and appetizing meals. Proper nutrition plays a very important part in your recovery, and your doctor has ordered the diet which best suits your needs and physical condition. If there are changes in your diet throughout your stay, please understand it is in keeping with your physician’s specific instructions.

You will have the opportunity to select your food options on the menu you will receive each morning on your breakfast tray. The diet clerk will pick up your menu daily and is available to assist you with your choices.
- Patient room breakfast service begins at 7:00 am.
- Patient room lunch service begins at 11:00 am.
- Patient room dinner service begins at 4:00 pm.

A clinical dietitian is also available to consult with
you and your loved ones about your individual dietary plan. They can also provide you with information on nutrition and food preparation. To speak with a Wesley Medical Center dietitian, please dial 8190 from your patient room.

**The Daily Dose Coffee Shop**
The Daily Dose coffee shop proudly serves Starbucks coffee and tea, along with assorted pastries. The Daily Dose is located on the first floor by the elevators.

**Vending Machines**
Vending services are also available 24 hours a day and are located on the first floor of the hospital.

**Subway**
Wesley Medical Center has a Subway Restaurant. Subway offers breakfast items, sandwiches, pizzas, salads, soup, soft drinks, potato chips and cookies. Subway is open Monday through Friday from 7:00 am – 10:00 pm, Saturday from 8:00 am – 10:00 pm, and Sunday 9:00 am – 10:00 pm. Subway is located on the first floor of Tower B. To place a call-ahead order or to request a delivery, please call 601-296-3780.

**Hospital Gift Shop**
Whether you are looking for that perfect get well card or a gift for the baby just born in Wesley’s Birth Center, Lori’s Gift Shop has what you need. Lori’s is located in the northwest wing of the hospital’s first floor, directly across from the cafeteria. Lori’s is open Monday through Friday from 6:30 am – 8:30 pm, Saturday from 9:00 am – 7:00 pm and Sunday from 10:30 am – 6:30 pm. For more information, call 601-268-8125.

**Activating the Rapid Response Team**
If you have a medical emergency or are in an imminent, life-threatening situation and need assistance immediately, you or your visitors can activate the Rapid Response Team (RRT) by calling extension 8292. From any hospital telephone, pick up the receiver and dial 8292. When the house supervisor answers, ask that the Rapid Response Team be called to your location. The supervisor will page the RRT and they will respond immediately. Staff from Respiratory Therapy, Critical Care Nursing and other departments will rush to your location to help manage your emergency.
Speak Up!

Take charge of your care.

During your stay, the doctors, nurses and staff of your hospital will treat you and your family as partners in your own care. One important way that you can be involved is to speak up. Ask questions, voice your concerns, and don’t be afraid to raise any issues relating not only to your care and treatment, but also to overall hospital services.

In the pages that follow, you’ll find a step-by-step guide to making the most of your hospital stay—how to stay safe, get the information you need, ask the right questions, and interact effectively with your doctors, nurses and hospital staff.

**STEP UP & SPEAK UP**

**SPEAK UP**: Ask questions and voice concerns. It’s your body and you have a right to know.

**PAY ATTENTION**: Make sure you’re getting the right treatments and medicines.

**EDUCATE YOURSELF**: Learn about the medical tests you get and your treatment plan.

**FIND AN ADVOCATE**: Pick a trusted family member or friend to be your advocate.

**WHAT MEDS & WHY**: Know what medicines you take and why you take them.

**CHECK BEFORE YOU GO**: Use a hospital, clinic, surgery center or other type of health care organization that meets The Joint Commission’s quality standards.

**PARTICIPATE IN YOUR CARE**: You are the center of the health care team.

**Remember:**
- Write down any questions you have
- Choose a family member to communicate with the doctors and staff
- Keep a list of doctors you see and the meds they prescribe

Don’t Get Overwhelmed, Write It Down!

Courtesy of The Joint Commission.
While you are in the hospital, many people will enter your room, from doctors and nurses to aides and orderlies. The following information will help make your hospital stay safe and comfortable.

Don’t Be Afraid to Ask…
A number of people may enter your hospital room. Be sure to:
- Ask for the ID of everyone who comes into your room.
- Speak up if hospital staff don’t ask to check your ID.
- Ask if the person has washed his or her hands before they touch you.
- If you are told you need certain tests or procedures, ask why you need them, when they will happen and how long it will be before you get the results.

Employee ID
All hospital employees wear identification badges. Feel free to ask any staff member for his or her name and job classification. If you do not see an ID badge on an employee, please call your nurse immediately.

PATIENT IDENTIFICATION
Any time staff enters your room to administer medications, transport you or perform procedures and treatments, they must check your birth date and name before they proceed. At times, you may be asked the same questions repeatedly. We are aware that this may be annoying. Please understand however, that this verification process is a critical component in our patient safety program in order to guarantee that all of our patients receive the correct medications and treatments.

You can contribute to healthcare safety.
STAY SAFE

Fighting Infections

While you’re in the hospital to get well, there is the possibility of developing an infection. The single most important thing you can do to help prevent infections is to wash your hands and make sure that everyone who touches you—including your doctors and nurses—wash their hands, too.

You, your family and friends should wash hands:
1. after touching objects or surfaces in the hospital room
2. before eating
3. after using the restroom

It is also important that your healthcare providers wash their hands with either soap and water or with an alcohol-based hand cleaner every time, both before and after they touch you. Healthcare providers know to practice hand hygiene, but sometimes they forget. You and your family should not be afraid or embarrassed to speak up and ask them to wash their hands.

Doctors, nurses and other healthcare providers come into contact with lots of bacteria and viruses. So before they treat you, ask them if they’ve cleaned their hands.

Happy Birthday to You!
Wash your hands with soap and warm water for 15 to 20 seconds. That’s about the same amount of time that it takes to sing the “Happy Birthday” song twice.

No Soap? No Problem.
Alcohol-based hand cleaners are as effective as soap and water in killing germs. To use, apply the cleaner to the palm of your hand and rub your hands together. Keep rubbing over all the surfaces of your fingers and hands until they are dry.
Know Your Meds

While you are hospitalized, your doctor may prescribe medications for you. Be sure that you understand exactly what they are and why they are being prescribed. Use this checklist to help you get the information you need from your doctor:

- What is the name of the medicine?
- What is its generic name?
- Why am I taking this medicine?
- What dose will I be taking? How often, and for how long?
- When will the medicine begin to work?
- What are the possible side effects?
- Can I take this medicine while taking my other medications or dietary supplements?
- Are there any foods, drinks or activities that I should avoid while taking this medicine?
- Should I take my medicine at meals or between meals?
- Do I need to take the medicine on an empty stomach or with food or a whole glass of water?
- What should I do if I forget to take the medicine and miss a dose?

USE THE MEDICATION TRACKER ON PAGE 36 TO HELP YOU MONITOR YOUR MEDICATIONS.

Preventing Medication Errors

By taking part in your own care, you can help the members of your healthcare team avoid medication errors. Here’s how:

Be sure that all of your doctors know what medications you have been taking, including prescription drugs, over-the-counter medications, herbal and vitamin supplements, natural remedies and recreational drugs.

Be sure that all of your doctors know of any allergies you may have— to medications, anesthesia, foods, latex products, etc.

When you are brought medications or IV fluids, ask the person to check to be sure you are the patient who is supposed to receive the medications. Show that person your ID bracelet to double-check.

Remember—you play an important role in helping to reduce medication errors.
**DVT: Lower Your Risk**

Deep-vein thrombosis (DVT) occurs when blood clots form in the legs and block circulation. The clots can lodge in your brain, heart or lungs, causing damage or even death. When you’re hospitalized and in bed with limited physical activity, your risk of DVT increases.

Ask your doctor about using compression boots or stockings and/or blood thinners to prevent DVT during your stay. And be sure to tell your doctor or nurse if you have any of the following warning signs:

- A leg cramp or charley horse that gets worse when you breathe deeply or cough
- Swelling and discoloration in your leg, upper arm or neck
- Unexplained shortness of breath
- Chest discomfort that gets worse when you breathe deeply or cough
- Light-headedness or blacking out

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**Preventing Falls**

Hospital patients often fall because they are weak or unsteady due to illness or medical procedures, their medications make them dizzy, or because they’ve been sitting or lying down for too long. Wesley Medical Center cares about our patients’ safety. Please help us keep you safe by following these guidelines during your hospital stay:

- **Do not get out of bed by yourself.** Your hospital bed is probably higher and narrower than your bed at home and you can easily fall while trying to get in or out of it. Please use your nurse call button and ask for assistance.
- **Keep often-used items**—call button, tissues, water, eyeglasses, telephone, TV remote—**within easy reach.**
- **Do not walk in bare feet.** Wear non-skid socks or slippers.
- **Make sure your robe or pajamas don’t drag on the floor; they can cause you to trip.**
- **Use the handrails in your bathroom and throughout the hospital at all times.**
- **Ask your nurse to show you how to properly walk with your IV pole, drainage bags or any other equipment.**
- **Be sure your wheelchair is locked when getting in or out of it.** Never step on the footrest.
- **If you see a spill on the floor, report it at once.**
- **The nurse may apply a colored wristband to let staff know you may need special assistance to keep you safe from falling.** Never attempt to get out of the bed or chair without staff assistance, even when family members may assist you.

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**PATIENTS OF ALL AGES MAY BE AT RISK OF FALLS BECAUSE OF MEDICATIONS THAT MAY MAKE THEM DIZZY, WEAK OR UNSTEADY.**
Fran Drescher 1957-
“Surgery is half the race, but you have to go for the follow-up or do yourself a major disservice.”

Be Prepared

How you can make your surgical procedure and follow-up care as safe as possible.

Mistakes can happen during surgery. As an active member of your health care team, you can make your surgical procedure and follow-up care as safe as possible. Here’s what you need to know.

Before Your Surgery

- Bring a list of any questions you have about your surgery to your pre-surgical doctor’s visit. Also bring a list of all the prescription, over-the-counter, and herbal medications that you are currently taking or that you took until very recently. Review the list with your surgeon and ask if there are any you should stop taking prior to your procedure.
- Be sure your surgeon knows about any allergies you have to medications and foods.
- Ask your surgeon whether you can eat or drink before your procedure, and if so, what kinds of food or drink, and within how many hours of your surgery.
- Ask your surgeon whether you should remove nail polish or temporary dental appliances (such as a bridge), if you can wear deodorant or body lotion, and if there are other preparations you need to make prior to surgery.
- Find out if you will need therapy after your surgery, who will arrange for it, and whether you can have therapy at home.
- Arrange for transportation to and from the hospital or surgical center.
- Ask a relative or friend to go to the hospital or surgical center with you, to stay during your procedure, and accompany you home afterward.

It’s hard to remember everything yourself. When you meet with your doctor bring your questions and a friend. Your friend can help listen, take notes and help ask questions, too!
A Team Effort

Here’s how to work with your surgical team to get the best outcome:

- Know the preparations you must make before your surgery.
- Get to the hospital or surgical center early on the day of your surgery.
- Review paperwork carefully before signing.
- Make sure the proper part of your body is marked for surgery.
- Get your post-surgical care instructions in writing before you leave.

On the Day of Your Surgery

- Shower or bathe and wash your hair. Don’t wear makeup or perfume. Be sure to follow any other pre-surgery instructions you were given.
- Leave your jewelry, money, credit cards, and other valuables at home.
- Allow yourself plenty of time for travel.
- Once you arrive at the hospital or surgical center, you will be given an Informed Consent form to sign. Read it carefully. Make sure everything on the form is correct. If you don’t understand something, ask questions before you sign the form.

Before Your Procedure Begins

- Staff at the hospital or surgical center should ask you the following questions more than once before your surgery:
  - Your name
  - What kind of surgery you’re having
  - The part of your body that is being operated on

- A health care professional will mark the spot on your body that is going to be operated on. Make sure they mark only the correct part. If they make a mistake and have to make a new mark, be sure the old mark is completely cleaned off.

- If you won’t be awake for the marking, be sure your relative or friend watches the marking.
- Ask your surgeon if the team will take a “time out” just before your procedure. This is done to make sure they are doing the right surgery on the right body part of the right person.

After Your Surgery

- Speak up about any pain you are having and ask for relief. Be specific about the intensity and location.
- If you are given medications right after surgery, ask what they are and what they are for. Ask about side effects. If you are given a prescription for medications you must take while recovering, be sure you understand the instructions for the dosage, how frequently you need to take the medications, and for how long.
- If you are given IV (intravenous) fluids right after surgery, ask what they are and what they are for. Be sure someone monitors the fluid level.
- Ask your surgeon if your activities need to be limited, and if so, for how long. Ask when you will be able to resume work, exercise, and travel.
- Be sure to get instructions for post-surgical care in writing before you leave.
Do You Have Pain?

Manage your pain so your hospital stay is as comfortable as possible.

You are the expert about how you are feeling. Be sure to tell your doctor or nurse when you have any kind of pain.

To help describe your pain, be sure to report:

- When the pain began.
- Where you feel pain.
- How the pain feels—sharp, dull, throbbing, burning, tingling.
- If the pain is constant, or if it comes and goes.
- What, if anything, makes the pain feel better.
- What, if anything, makes the pain feel worse.
- How much pain, if any, your medicine is taking away.
- If your medicine helps with the pain, how many hours of relief do you get?

If you are not able to talk and cannot tell us how bad your pain is, we have a picture scale you can use to let us know how much pain you are having. If you cannot use the picture scale, your nurses have been trained to observe and assess patients for pain and for response to pain medications.

You do not have to “just put up with” severe pain. You can work with your nurses and doctors to prevent or relieve pain. Ask questions so you know what to expect. This will help you be less afraid and more in control, which will make pain easier to handle. Do not worry about getting “hooked” on pain medicine. Studies have shown that the short-term use of pain medication is not addictive unless you already have a problem with drug abuse.

USE THE PAIN RATING SCALE BELOW TO TELL YOUR DOCTOR OR NURSE HOW YOUR PAIN IS AFFECTING YOU.

**Wong-Baker FACES® Pain Rating Scale**

- **0** No Hurt
- **2** Hurts Little Bit
- **4** Hurts Little More
- **6** Hurts Even More
- **8** Hurts Whole Lot
- **10** Hurts Worst

Patient Rights

We believe that patients who understand and participate in their treatment achieve better results.

Please take a moment and familiarize yourself with your rights and responsibilities as a patient.

You have the right to:

✓ Know the risks, benefits and alternatives to proposed treatments or procedures
✓ Choose the physicians or other clinicians who will be providing care or treatment, as well as have information about them
✓ Receive information in easy to understand terms that will allow for an informed consent
✓ Privacy regarding medical care
✓ Participate in the plan of care, including your treatment plan, notifying your family or physician of admission and discharge planning
✓ Pain management
✓ Refuse care, treatment, and services in accordance with law and regulation
✓ Be informed about the outcomes of care, treatment, and services
✓ Receive information and communication in an understandable manner and preferred language including provision of interpreter and translation services
✓ Receive information and communication to accommodate vision, speech, hearing, or cognitive impairments.
✓ Formulate advanced directives and have staff and practitioners comply with those directives
✓ Reasonable responses to reasonable requests of service
✓ Leave the medical center against the advice of the physician
✓ Examine and receive an explanation of the bill for services regardless of the source of payment
✓ Select providers of goods and services after discharge
✓ Receive a Notice of Privacy Practices
✓ Request privacy protection
✓ Access protected health information in a reasonable time frame
✓ Amend protected health information
✓ Request an accounting of disclosures of protected health information
✓ Be free from any forms of restraint or seclusion as a means of convenience, discipline, coercion, or retaliation
✓ The least restrictive restraint or seclusion should be used only when necessary to ensure patient safety
✓ Care regardless of your age, race, ethnicity, religion, culture, language, physical or mental disabilities, social economic status, sex, sexual orientation and gender identity or expression.
✓ Receive care in a safe and dignified environment, free from all forms of abuse, neglect, harassment and/or exploitation
✓ Protection and respect of your rights if you are participating in a human research clinical trial.
✓ Have a support person during care provided it does not interfere with the rights of other patients or the care process.
✓ Consent to receive the visitors who you designate, including but not limited to
a spouse, a domestic partner (including a same sex domestic partner), another family member, or a friend. You may withdraw your consent to receive any visitor at any time. To the extent this hospital places limitations or restrictions on visitation, you have the right to set any preference of order or priority for your visitors to satisfy those limitations or restrictions. This hospital does not and will not restrict, limit, or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, or disability. This hospital will ensure that the visitors chosen by you will be able to enjoy full and equal visitation privileges, consistent with your preferences.

**You have the responsibility to:**

- Provide accurate and complete information concerning your present medical condition, past illnesses or hospitalization and any other matters concerning your health
- Tell your caregivers if you do not completely understand your plan of care
- Follow the caregivers’ instructions
- Follow all medical center policies and procedures while being considerate of the rights of other patients, medical center employees and medical center properties

---

**You also have the right to:**

Lodge a concern with the state, whether you have used the hospital’s grievance process or not. If you have concerns regarding the quality of your care, coverage decisions or want to appeal a premature discharge, contact the State Quality Improvement Organization (QIO).

**Information & Quality Health Care**

Renaissance Place
385 B Highland Colony Parkway, Suite 504
Ridgeland, MS 39157-6035
Phone: 601-957-1575
Fax: 601-956-1713

**Regarding problem resolution, you have the right to:**

Express your concerns about patient care and safety to hospital personnel and/or management. If your concerns and questions cannot be resolved at this level, contact The Joint Commission at 800-994-6610, byFax at 630-792-5636, by e-mail at complaint@jointcommission.org, or by mail at: Office of Quality Monitoring, The Joint Commission, One Renaissance Boulevard Oakbrook Terrace, IL, 60181.
What Are Advance Directives?
A living will, healthcare proxy, and durable power of attorney are the legal documents that allow you to give direction to medical personnel, family, and friends concerning your future care when you cannot speak for yourself. You do not need a lawyer in order to complete Advance Directives.

Keep It Current!
Your Advance Directive is destroyed once you are discharged from the hospital. You must provide a new Advance Directive each time you are readmitted. In this way, you ensure that the hospital has your most current information.

For more information about Advance Directives or to obtain forms, please speak with your nurse.

Patient Services Advance Directives
You have the right to make decisions about your own medical treatment. These decisions become more difficult if, due to illness or a change in mental condition, you are unable to tell your doctor and loved ones what kind of health care treatments you want. That is why it is important for you to make your wishes known in advance.

Here is a brief description of each kind of Directive:

Living Will
A set of instructions documenting your wishes about life-sustaining medical care. It is used if you become terminally ill, incapacitated, or unable to communicate or make decisions. A living will protects your rights to accept or refuse medical care and removes the burden for making decisions from your family, friends, and medical professionals.

Healthcare Surrogate
A person (agent) you appoint to make your medical decisions if you are unable to do so. Choose someone you know well and trust to represent your preferences. Be sure to discuss this with the person before naming them as your agent. Remember that an agent may have to use their judgment in the event of a medical decision for which your wishes aren’t known.

Durable Power of Attorney
For healthcare: A legal document that names your healthcare surrogate. Once written, it should be signed, dated, witnessed, notarized, copied, and put into your medical record.

For finances: You may also want to appoint someone to manage your financial affairs when you cannot. A durable power of attorney for finances is a separate legal document from the durable power of attorney for healthcare. You may choose the same person for both, or choose different people to represent you.
Your Privacy & Information

Privacy & Your Health Information
- You have privacy rights under a federal law that protects your health information. These rights are important for you to know. Federal law sets rules and limits on who can look at and receive your health information.

Who must follow this law?
- Most doctors, nurses, pharmacies, hospitals, clinics, nursing homes, and many other health care providers
- Health insurance companies, HMOs, and most employer group health plans
- Certain government programs that pay for health care, such as Medicare and Medicaid

What information is protected?
- Information your doctors, nurses, and other health care providers put in your medical records
- Conversations your doctor has with nurses and others regarding your care or treatment
- Information about you in your health insurer’s computer system
- Billing information about you at your clinic
- Most other health information about you held by those who must follow this law

You have rights over your health information.
Providers and health insurers who are required to follow this law must comply with your right to:
- Ask to see and get a copy of your health records
- Have corrections added to your health information
- Receive a notice that tells you how your health information may be used and shared
- Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing
- Get a report on when and why your health information was shared for certain purposes
- File a complaint

If you believe your health information was used or shared in a way that is not allowed under the privacy law, or if you weren’t able to exercise your rights, you can file a complaint with your provider or health insurer. You can also file a complaint with the U.S. government. Go online to www.hhs.gov/ocr/hipaa/ for more information.

A separate law provides additional privacy protections to patients of alcohol and drug treatment programs. For more information, go online to www.samhsa.gov.
Your Privacy & Information

How do I get copies of my medical records?
Please call our Release of Information Department at 601-261-5877.

To make sure that your health information is protected in a way that doesn’t interfere with your health care, your information can be used and shared:

■ For your treatment and care coordination
■ To pay doctors and hospitals for your health care and help run their businesses
■ With your family, relatives, friends, or others you identify who are involved with your health care or your health care bills, unless you object
■ To make sure doctors give good care and nursing homes are clean and safe
■ To protect the public’s health, such as by reporting when the flu is in your area
■ To make required reports to the police, such as reporting gunshot wounds

Without your written permission, your provider cannot:

■ Give your health information to your employer
■ Use or share your health information for marketing or advertising purposes
■ Share private notes about your mental health counseling sessions

Adapted from U.S. Department of Health & Human Services Office for Civil Rights
When it’s time to be released from the hospital, your physician will authorize a hospital discharge. This doesn’t necessarily mean that you are completely well—it only means that you no longer need hospital services. If you disagree, you or your caregiver can appeal the decision (see If You Disagree, right).

On the other hand, you may be pleased to learn that your doctor has approved your discharge. But before you can leave the hospital, there are several things that you or your caregiver must attend to.

The first step is to know who will be involved in your discharge process. This starts with the hospital’s discharge planner, who may be a nurse, social worker, or administrator, or may have some other title. You and your caregiver should meet this person relatively early in your hospital stay; if not, find out who this person is and be sure to meet with them well before your expected discharge date.

If You Disagree
You or a relative can appeal your doctor’s discharge decision. If you are a Medicare patient, be sure you are given “An Important Message from Medicare” from the hospital’s discharge planner or case worker. This details your rights to remain in the hospital for care and provides information on who to contact to appeal a discharge decision.
Don’t Leave Until... continued

Make sure you have the following information before you leave the hospital:

1. Discharge summary. This is an overview of why you were in the hospital, which healthcare professionals saw you, what procedures were done, and what medications were prescribed.

2. Medications list. This is a listing of what medications you are taking, why, in what dosage, and who prescribed them. Having a list prepared by the hospital is a good way to double-check the information you should already have been keeping track of.

3. Rx. A prescription for any medications you need. Be sure to fill your prescriptions promptly, so you don’t run out of needed medications.

Be sure to ask what foods to stay away from while on your medications.

4. Follow-up care instructions. Make sure you have paperwork that tells you:
   - what, if any, dietary restrictions you need to follow and for how long
   - what kinds of activities you can and can’t do, and for how long
   - how to properly care for any injury or incisions you may have
   - what follow-up tests you may need and when you need to schedule them
   - what medicines you must take, why, and for how long
   - when you need to see your physician
   - any other home-care instructions for your caregiver, such as how to get you in and out of bed, how to use and monitor any equipment, and what signs and symptoms to watch out for
   - telephone numbers to call if you or your caregiver has any questions pertaining to your after-hospital care.

5. Other services. When you leave the hospital, you may need to spend time in a rehabilitation facility, nursing home, or other institution. Or you may need to schedule tests at an imaging center, have treatments at a cancer center, or have in-home therapy. Be sure to speak with your nurse or physician to get all the details you need before you leave.

6. Community resources. You and your caregiver may feel unprepared for what will happen after your discharge. Make sure your discharge planner provides you with information about local resources, such as agencies that can provide services like transportation, equipment, home care, and respite care, and agencies that can help with patient care and respite care.
Preparing to Leave the Hospital

Financial Services

Wesley Medical Center’s Patient Business Services personnel are committed to working with patients to ensure that their medical claim is filed in a timely and accurate manner. Their efforts to assist you with your financial arrangements during your stay will be done so in a professional and private manner.

At the time of registration you will be asked to provide your insurance card and a photo ID. During your stay, a Benefits Coordinator or an Eligibility Screener may contact you to schedule an in-room appointment, which will be held at your convenience. During your appointment, the Patient Business Services personnel will be reviewing your personal information as well as your insurance benefits and coverage. If you do not have insurance coverage, the Eligibility Screener will work with you to determine whether or not you qualify for financial assistance. This assistance may include Medicaid, Medicare or disability programs.

Fees charged by consulting or emergency room physicians are not included in hospital charges and are billed directly by the professional involved. Additionally, all radiological services are billed separately. While Wesley Medical Center charges include the cost of the physical facilities and x-ray equipment, the Comprehensive Radiology Group physicians bill separately for their review of the x-ray films. If you are undergoing surgery during your stay, you will be billed directly for any anesthesia or pathology services.

All financial arrangements should take place prior to your discharge from the hospital so that your time at home can be focused on recovery. If you have any questions regarding financial arrangement or your bill, please contact our Benefits Coordinator directly by calling 2096 from the patient room or 601-296-2096 from outside the hospital or our Eligibility Screener at 5717 from the patient room or 601-261-5717 from outside the hospital.

Senior Circle

Senior Circle is Wesley Medical Center’s exclusive membership club for those individuals 50 and over. Senior Circle focuses on all aspects of your health – physical, spiritual, emotional, mental and social wellbeing. Senior Circle offers many benefits, some of which include a discount in the cafeteria, a discount in Lori’s Gift Shop, one complimentary guest meal ticket per day for the cafeteria when the Senior Circle member is admitted to Wesley, special education classes, discounted membership rates to the Institute for Wellness and Sports medicine and much more. For an application, or to receive more information, dial 8192 from your patient room.
While your loved one is in the hospital, who will speak up for him or her? You can, by being the patient’s advocate—the person who will help the patient work with doctors, nurses and hospital staff. To help your loved one make the best decisions about their care and treatment, follow the advice in the Caregiver list at right.

While you are making sure that your loved one’s needs are being met, don’t neglect your own. Caregiving is a stressful and time-consuming job. You may neglect your diet, your normal exercise routine, and your sleep needs. You may find that you have little or no time to spend with friends, to relax, or to just be by yourself for a while. But down time is important. Don’t be reluctant to ask for help in caring for your loved one. Take advantage of friends’ offers to help and look into local adult daycare programs. Find out more about how you can ease the stress of caregiving at www.caregiver.org.

For the Caregiver

Your role as a patient advocate

W HILE YOUR LOVED ONE IS IN THE HOSPITAL, WHO WILL SPEAK UP FOR HIM OR HER? YOU CAN, BY BEING THE PATIENT’S ADVOCATE—THE PERSON WHO WILL HELP THE PATIENT WORK WITH DOCTORS, NURSES AND HOSPITAL STAFF. TO HELP YOUR LOVED ONE MAKE THE BEST DECISIONS ABOUT THEIR CARE AND TREATMENT, FOLLOW THE ADVICE IN THE CAREGIVER LIST AT RIGHT.

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CAREGIVER...

Know what condition your loved one is being treated for.

Patient’s rights
Know your patient’s rights and responsibilities (See page 20).

Advance directives?
Know whether or not your loved one has an advance directive and if so, what it specifies. (See page 22).

Ask questions
If your loved one is too ill or reluctant to ask questions, make note of their concerns and any you may have and don’t be afraid to speak up (see Speak Up! on page 12).

Help track medications
Your loved one may be prescribed medications while in the hospital and may be seen by several doctors. Keep track of it all with My Medications on page 36.

What’s next?
Will your loved one need home care or care at another facility? Ask to speak with a case manager to find out what your options are.

Buddha

“In compassion lies the world’s true strength.”

Caregivers find support and resources at MyPatientPoint.com/CareSearch

For the Caregiver

Your role as a patient advocate

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**Watch What You Eat**

*This chart will help you steer clear of side effects that can be caused by pairing certain foods and medications.*

Did you know that the foods you eat can affect the medicines you take? In fact, eating or drinking certain foods can cause your body to absorb medicine slower or faster. That can make medicine less effective or cause troubling side effects.

The following chart lists some common drug/food interactions, but is not meant to be all-inclusive. Be sure to ask your healthcare provider or pharmacist about any potential interactions with food, supplements or other drugs before taking any prescription or over-the-counter medications.

<table>
<thead>
<tr>
<th>DRUG CLASS</th>
<th>RX MEDICATION</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analgesics</td>
<td>Percocet (acetaminophen/</td>
<td>Avoid drinking alcohol; take on empty stomach (1 hour before or 2 hours after a meal) for best absorption.</td>
</tr>
<tr>
<td></td>
<td>oxycodone)</td>
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</tr>
<tr>
<td></td>
<td>Tylenol #3 (acetaminophen/</td>
<td></td>
</tr>
<tr>
<td></td>
<td>codeine)</td>
<td></td>
</tr>
<tr>
<td>Anti-arrhythmics</td>
<td>Cordarone, Pacerone</td>
<td>Avoid eating grapefruits and drinking grapefruit juice.</td>
</tr>
<tr>
<td></td>
<td>(amiodarone)</td>
<td></td>
</tr>
<tr>
<td>Antibiotics</td>
<td>Ampicillin</td>
<td>Take on empty stomach for best absorption.</td>
</tr>
<tr>
<td></td>
<td>Penicillin</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cipro (ciprofloxacin)</td>
<td>Avoid iron-containing foods and calcium-rich dairy products for best absorption.</td>
</tr>
<tr>
<td></td>
<td>Doxycycline</td>
<td><strong>Avoid alcohol</strong>. Take with food to prevent stomach upset; take probiotics (yogurt or supplements) to prevent diarrhea.</td>
</tr>
<tr>
<td></td>
<td>Tetracycline</td>
<td></td>
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<tr>
<td></td>
<td>Flagyl, Metrogel (</td>
<td></td>
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<tr>
<td></td>
<td>metronidazole)</td>
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<tr>
<td>Anti-coagulants</td>
<td>Coumadin (warfarin)</td>
<td>Avoid sudden increase or decrease of foods rich in Vitamin K (green leafy vegetables, avocados, soybeans, green tea, bacon, butter, cheese) as well as vitamins and supplements that contain Vitamin K. Check with your doctor for complete list. Limit alcohol and cranberry and grapefruit juices.</td>
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<thead>
<tr>
<th>DRUG CLASS</th>
<th>RX MEDICATION</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anti-depressants</td>
<td>Abilify (aripiprazole)</td>
<td>Avoid drinking alcohol; avoid use of nicotine.</td>
</tr>
<tr>
<td></td>
<td>Paxil (paroxetine)</td>
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<tr>
<td></td>
<td>Prozac (fluoxetine)</td>
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</tr>
<tr>
<td></td>
<td>Wellbutrin, Zyban (bupropion)</td>
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</tr>
<tr>
<td></td>
<td>Zoloft (sertraline)</td>
<td></td>
</tr>
<tr>
<td>Anti-seizure</td>
<td>Dilantin (phenytoin)</td>
<td>Take on empty stomach for best absorption. Do not take calcium products within 2 hours of taking medicine.</td>
</tr>
<tr>
<td></td>
<td>Carbatrol, Tegretol (carbamazepine)</td>
<td>Avoid regularly eating grapefruits and drinking grapefruit juice.</td>
</tr>
<tr>
<td></td>
<td>Depakote (divalproex sodium)</td>
<td>Avoid drinking alcohol.</td>
</tr>
<tr>
<td></td>
<td>Gabitril (tiagabine)</td>
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<tr>
<td></td>
<td>Lamictal (lamotrigine)</td>
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<td></td>
<td>Lyrica (pregabalin)</td>
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<td></td>
<td>Topamax (topiramate)</td>
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<tr>
<td></td>
<td>Zarontin (ethosuximide)</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Lipitor (atorvastatin)</td>
<td>Avoid eating large amounts of grapefruits and drinking large amounts of grapefruit juice (greater than 1 quart per day). Do not eat oat bran within 2–4 hours of taking medicine.</td>
</tr>
<tr>
<td></td>
<td>Mevacor (lovastatin)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zocor (simvastatin)</td>
<td></td>
</tr>
<tr>
<td>Diabetes drugs</td>
<td>DiaBeta (glyburide)</td>
<td>Avoid alcohol. If diabetes is well controlled, limit intake to 1–2 drinks daily, consumed with a meal.</td>
</tr>
<tr>
<td></td>
<td>Glucophage (metformin)</td>
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</tr>
<tr>
<td></td>
<td>Glucotrol (glipizide)</td>
<td></td>
</tr>
<tr>
<td>Gastro-intestinal drugs</td>
<td>Reglan (metoclopramide)</td>
<td>Avoid or limit alcohol. Take 30 minutes before meals.</td>
</tr>
<tr>
<td></td>
<td>Nexium (esomeprazole)</td>
<td>Take at least 1 hour before meals.</td>
</tr>
<tr>
<td></td>
<td>Tagamet (cimetidine)</td>
<td>Avoid alcohol and caffeine.</td>
</tr>
<tr>
<td>Gout medications*</td>
<td>Colchicine</td>
<td>Avoid eating grapefruits and drinking grapefruit juice.</td>
</tr>
<tr>
<td></td>
<td>Zyloprim (allopurinol)</td>
<td></td>
</tr>
</tbody>
</table>

* If you have gout, avoid large amounts of purine-rich foods (anchovies, bouillon, gravy, sardines, shellfish, asparagus, lentils). Check with your doctor for a complete list.

**ACE Inhibitors**
- Monopril (fosinopril)
- Prinivil, Zestril (lisinopril)
- Vasotec (enalapril)

Avoid salt substitutes and foods high in potassium (almonds, avocados, bananas, cantaloupe, kidney beans, oranges/orange juice, potatoes w/skin, spinach, tomato juice).
<table>
<thead>
<tr>
<th>DRUG CLASS</th>
<th>RX MEDICATION</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure cont.</td>
<td><strong>Calcium Channel Blockers</strong>&lt;br&gt;Calan (verapamil)&lt;br&gt;Cardizem (diltiazem)&lt;br&gt;Norvasc (amlodipine besylate)&lt;br&gt;Plendil (felodipine)&lt;br&gt;Procardia (nifedipine)&lt;br&gt;Sular (nisoldipine)</td>
<td>Avoid drinking Seville (sour) orange juice, eating grapefruits, and drinking grapefruit juice.</td>
</tr>
<tr>
<td></td>
<td><strong>Beta Blockers</strong>&lt;br&gt;Tenormin (atenolol)&lt;br&gt;Lopressor (metoprolol)</td>
<td>Avoid drinking orange juice. Do not take calcium products within 2 hours of taking medicine. Do not take calcium products within 2 hours of taking medicine.</td>
</tr>
<tr>
<td></td>
<td><strong>Diuretics</strong>&lt;br&gt;Aldactone (spironolactone)&lt;br&gt;Dyrenium (triamterine)&lt;br&gt;Midamor (amiloride)</td>
<td></td>
</tr>
<tr>
<td>Immuno-suppressant drugs</td>
<td>Neoral, Sandimmune (cyclosporine), Prograf (tacrolimus), Rapamune (sirolimus)</td>
<td>Avoid drinking grapefruit juice or eating grapefruits. Avoid drinking grapefruit juice or eating grapefruits. Avoid salt substitutes and foods high in potassium (almonds, avocados, bananas, cantaloupe, kidney beans, oranges and orange juice, potatoes w/skin, spinach, tomato juice).</td>
</tr>
<tr>
<td>MAO Inhibitors</td>
<td>Eldepryl, Emsam, Zelapar (selegiline)&lt;br&gt;Marplan (isocarboxazid)&lt;br&gt;Nardil (phenelzine)&lt;br&gt;Parnate (tranylcypromine)</td>
<td>Avoid foods high in tyramine: aged and processed cheeses, sour cream, red wines, beer, bologna, pepperoni, salami, pickled herring, liver, raisins, bananas, avocados, soy sauce, fava beans, yeast extracts. Check with your doctor for complete list. Avoid alcohol and large quantities of caffeine (cola, tea, coffee, chocolate).</td>
</tr>
<tr>
<td>Thyroid hormones</td>
<td>Levoxyl, Synthroid, Unithroid (levothyroxine)</td>
<td>Avoid eating walnuts, soybean flour, dietary fiber, calcium products, and calcium-fortified juices within 4 hours of taking medicine.</td>
</tr>
</tbody>
</table>
Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

©2008 KrazyDad

ANSWER KEY

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Crossword

Animal World

ACROSS
1  Fish with pink or red flesh
5  The biggest lizard/dragon in the world
7  Asian birds that mimic speech
8  What do birds do with their eggs
9  Anaconda is a species of a ___________
10  Famous Pixar clown fish
12  Largest and heaviest bird
14  Slang name for a horse
16  Spotted; giggling or laughing
18  One who apes

DOWN
1  Devil that exists in more than cartoons
2  Has a pouch that opens towards hind legs
3  Baby kangaroo
4  Largest frog in the world, ask David
6  Largest Monkey
11  Offspring of male lion and female tiger
13  A wild goat
15  The brown thrasher is the state bird of ____ (abbr.)
17  Dog mushing is the state sport of____ (abbr.)

What famous North American landmark is constantly moving backward?
(Answer Below)

Niagara Falls.

The rim is worn down about 2 1/2 feet each year because of millions of gallons of water that rush over it every minute.

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www.wesley.com 601-268-8000 : 33
“It is not the ship so much as the skillful sailing that assures the prosperous voyage.”

**Word Search**

**Sail the Seven Seas**

P Y F G U T Y G P U C D N S G
C A R I B B E A N I W A G O N
K A K X J D C H T C E M O U I
K W T A Y I Y L F N I S U T R
N M P L F E A V A J H T D H E
F A Q I A B L R D E G L C E B
N R C Z W N R N A I D N I R S
U H C S Y E T Q X N D E R N A
W Z F J T H P I V O N B U F U
J T N I E M B E C R C J R T J
Z X D H I C O Z W T I J F I M
M E J I L C H E L H X R D X S
M T R H V U L I L F J W W Y L
B E T E T V S P N T H F X N B
C X W K S O U T H A E L D B X

**Answer Key**

<table>
<thead>
<tr>
<th>ARCTIC</th>
<th>ATLANTIC</th>
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<tbody>
<tr>
<td>BALTIC</td>
<td>BERING</td>
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<tr>
<td>CARIBBEAN</td>
<td>CHINA</td>
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<td>INDIAN</td>
<td>JAPAN</td>
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<td>MEDITERRANEAN</td>
<td>NORTH</td>
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<tr>
<td>PACIFIC</td>
<td>RED</td>
</tr>
<tr>
<td>SOUTH</td>
<td>SOUTHERN</td>
</tr>
</tbody>
</table>
Managing Your Medications

Keep track of all medications you are prescribed while in the hospital.

The best way to avoid medication errors is by keeping up-to-date records of all the medications, supplements, and herbs that you take and sharing that information with any doctors you visit. If you are hospitalized, you will be asked to list all the medications you are taking—including prescription medications, over-the-counter drugs, and vitamin/herbal supplements.

Double Check!
Be sure that all of your doctors know what medications you have been taking. They also need to be aware of any allergies you may have. And whenever any of your doctors prescribes new medications, be sure to ask:
- Which of my original medications/supplements should I still be taking?
- Which of my original medications/supplements should I no longer take?
- Will any new medications I am being prescribed interfere with my original medications/supplements?
- What side effects do I need to be aware of?
- Who should I call if I have questions or problems with my medications?

Rx for Less
The Partnership for Prescription Assistance helps qualifying patients who don’t have prescription medication coverage get the medicines they need. Many medicines are available for free or are nearly free. To find out more, go to www.pparx.org or call 888-477-2669.

CHECK IT OUT!
Use this checklist to be sure you understand what your medicines are and why they are being prescribed:
- What are the brand and generic names of the medicine?
- Why do I need to take this medicine?
- What dose will I be taking? How often, and for how long?
- What are the possible side effects?
- Can I take this medicine while taking my other medications and/or dietary supplements?
- Are there any foods, drinks, or activities that I should avoid while taking this medicine?
My Medications

Keep track of all medications you are prescribed while in the hospital.

When you get home add all other medications—including over-the-counter, vitamins and herbs—to this list. Update your list as needed.

Medication: _____________________________________________________________
(include brand and generic names)
Dose: Take _______ times per day at (circle all that apply): 12–1 a.m. / 2–3 a.m. / 4–5 a.m. / 6–7 a.m.
  8–9 a.m. / 10–11 a.m. / 12–1 p.m. / 2–3 p.m. / 4–5 p.m. / 6–7 p.m. / 8–9 p.m. / 10–11 p.m.
Reason for taking: _________________________________________________________
Prescribed by: _____________________________ Date started:_____________________
Pharmacy name and number: ___________________________ / _____________________

Medication: _____________________________________________________________
(include brand and generic names)
Dose: Take _______ times per day at (circle all that apply): 12–1 a.m. / 2–3 a.m. / 4–5 a.m. / 6–7 a.m.
  8–9 a.m. / 10–11 a.m. / 12–1 p.m. / 2–3 p.m. / 4–5 p.m. / 6–7 p.m. / 8–9 p.m. / 10–11 p.m.
Reason for taking: _________________________________________________________
Prescribed by: _____________________________ Date started:_____________________
Pharmacy name and number: ___________________________ / _____________________

Medication: _____________________________________________________________
(include brand and generic names)
Dose: Take _______ times per day at (circle all that apply): 12–1 a.m. / 2–3 a.m. / 4–5 a.m. / 6–7 a.m.
  8–9 a.m. / 10–11 a.m. / 12–1 p.m. / 2–3 p.m. / 4–5 p.m. / 6–7 p.m. / 8–9 p.m. / 10–11 p.m.
Reason for taking: _________________________________________________________
Prescribed by: _____________________________ Date started:_____________________
Pharmacy name and number: ___________________________ / _____________________

Medication: _____________________________________________________________
(include brand and generic names)
Dose: Take _______ times per day at (circle all that apply): 12–1 a.m. / 2–3 a.m. / 4–5 a.m. / 6–7 a.m.
  8–9 a.m. / 10–11 a.m. / 12–1 p.m. / 2–3 p.m. / 4–5 p.m. / 6–7 p.m. / 8–9 p.m. / 10–11 p.m.
Reason for taking: _________________________________________________________
Prescribed by: _____________________________ Date started:_____________________
Pharmacy name and number: ___________________________ / _____________________