

OVERLAKE | MEDICAL CENTER  
& CLINICS

YOUR  
STAY



# WELCOME TO OVERLAKE



**J. MICHAEL MARSH**  
President and CEO

Welcome to Overlake Medical Center. Thank you for trusting us with your care.

Overlake was built by the community, for the community. Fueled by a vision for high-quality healthcare on the Eastside, Overlake opened its doors to the public in 1960. What began as a community hospital has grown into a world-class medical center and health system.

Everyone at Overlake—the doctors, nurses, technicians and administrators, as well as the housekeeping, security and dining services teams—are here for one purpose: to serve **you**.

We want you to know, the health and safety of our patients as well as our staff are always our top priorities. We take great pride in being recognized nationally for our high safety standards.

We understand a hospital stay can be stressful. Everyone at Overlake is dedicated to providing you with the most supportive environment to promote your healing. We have developed this handbook to answer many of your questions. If at any time during your stay you have questions about your care or wish to tell us about any special needs, please speak with your nurse or contact the Patient Experience team at 425.688.5613.

**I encourage you to share your feedback about your stay with us.** It will help us better serve every patient and our entire Eastside community.

Our team of professional staff and physicians care for 150,000 lives a year, but what matters today is **you**. We look forward to partnering with you to ensure you and your care team are treated with kindness and respect throughout your stay.

Thank you, again, for choosing Overlake. We are grateful for the opportunity to serve you.

A handwritten signature in black ink that reads "Mike". The signature is stylized and cursive.

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## Important Phone Numbers

Billing Office ..... 425.688.5124

Care Management ..... 425.688.5015

Financial Counselors .....425.688.5655 or 425.688.5135

Kaiser Permanente Pharmacy (Bellevue Medical Center) ..... 425.502.3820

Hospital Operator ..... 0

Patient Action Line ..... 425.688.5191

Rapid Response Team .....Dial 1-2-3 and ask for the Rapid Response Team

Room Service Dining (6:30 a.m.–7 p.m.) ..... extension 6368

Valet Parking ..... 425.688.5004



### INTERPRETERS AND ASSISTIVE DEVICES

We have services available to help patients and family members who are deaf, hard of hearing, deaf-blind or who don't speak English. Please tell your nurse if you need an interpreter, or call **425.688.5304**. Interpreter services are available at no charge to you. If you need an assistive device, we have pocket talkers, TTY-phones, video-remote interpreter services and interpreter phones available for you during your stay.



Dial “9” to get an outside line. To reach a number at the hospital, dial the last four digits of the phone number. For example, to reach the Billing Office from your room telephone, dial “5124.”

# SERVICES

## Dining

We offer health-conscious options for patient and visitor meals. This includes fresh, grass-fed beef, organic produce, whole-grain bakery items and fish harvested responsibly. Vending and coffee machine services are located throughout the campus for your convenience.

## Patient Dining

Overlake offers room service dining to help promote your recovery and healing. We offer many choices and honor special diets, such as vegetarian, vegan, gluten-free, soy-free, dairy-free and egg-free.

Your nurse will give you a menu with instructions on how to order using your bedside phone. Your meal will be delivered within 45 minutes. Meals may be ordered in advance for delivery at a specific time during the day, or even the next day.

Your doctor may have ordered a special diet with your health in mind, such as low-salt or carbohydrate-controlled. The room service representative who takes your order will help you make appropriate choices from the menu. If you have questions, ask your nurse.

Room service is available **6:30 a.m. to 7 p.m.** Dial **MENU (extension 6368)** on your room phone to place your order.

## Visitor Dining

**Stanzas Café:** Located inside the north lobby entrance of the hospital, Stanzas offers families and visitors an ideal spot for coffee, a snack or lunch. Prepared-to-order espresso, bistro-style sandwiches, salads, special dishes and delicious desserts are all served in a relaxing atmosphere with a cozy fireplace. Stanzas is open Monday through Friday, and hours change seasonally. Closed weekends and holidays.

**The Atrium Café:** Located in the lower level of the main hospital, the Atrium features a wide array of made-to-order deli sandwiches, organic salads, soups, home-style entrees, healthy snacks and desserts. The Atrium is open daily, **6 a.m. to 7:30 p.m.**



## Pastoral Care & Spiritual Care

Chaplains are available to provide spiritual and emotional support to Overlake patients and families. They serve persons of all cultures, religious backgrounds and spiritual practices.

**Chaplain** (available most days): During normal business hours, call Pastoral Care at **425.688.5127**.

**Meditation Lounge/Chapel:** This sacred space provides a welcoming, peaceful place for patients and family members. It is located on the main level of Building 1, to the right of the south concierge desk. Visitors may also use it for meditation and worship. It is always open.

## TV & Movies

For a full listing of available TV and radio programming, as well as full-length films for patients and visitors, please see the interactive guide on your TV.

## Free Wi-Fi

Complimentary Wi-Fi is available to all patients and visitors. Just choose **OPENFREE** on your Wi-Fi settings—no password is needed.

## Healing Arts

Overlake's Healing Arts program helps reduce stress and lift the human spirit. Healing Arts services are available on different days in each unit. If you are interested, please ask your nurse when they are available.

## Pet Partners

Trained and certified pets and their owners visit patients on specific units. Please ask your nurse about requesting a visit.

## Noise Control

We understand that hospitals can at times be noisier than your home environment. While we try very hard to reduce the noise around patient rooms, sometimes it may not be enough. If you need more peace and quiet, please ask your nurse for ear plugs and/or eye masks.

## Patient Financial Services

- You will receive your hospital bill about two weeks after you leave the hospital. You may receive more than one bill for the services you received during your stay.
- If you have health insurance, we will bill your insurance company for you.
- If your insurance requires a co-pay, we can collect it before you leave the hospital.
- You may speak to a financial counselor while you are here. Call **425.688.5655** or **425.688.5135**.
- If you have questions, please call the Billing Office at **425.688.5124**.





Americans With Disabilities Act

At Overlake, we want you to get health information in a way that you understand. We will arrange for an interpreter or other aids for you, your family member or companion who is deaf, hard of hearing or has speech disabilities. These services are free to you.

Under the Americans with Disabilities Act (ADA), people who are deaf, hard of hearing, or have speech disabilities have the right to ask for aids and services.

If you need such aids or services, call the Interpreter Services office at 425.688.5304.

- If you are told that you do not qualify for these services, you may ask for a review. Any Overlake employee can contact 425.688.5304 to request assistance or devices on your behalf.
- If you need more help, contact Patient Experience at 425.688.5613.
- For more information about the ADA, call the toll-free ADA Information Line at 1.800.514.0301 (voice), 1.800.514.0383 (TTY) or visit ada.gov.



If You Need Translation Assistance

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 425.688.5304。

تالیهست، دینک یم وگتفنگ یراف نابز هب رگا: هجوت.  
اب. دشاب یم مهارف امش یارب ناگیار تروصب ینابز  
دیریگب سامت 425.688.5304

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 425.688.5304.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 425.688.5304.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए भाषा सेवाएं निशुल्क उपलब्ध हैं। 425.688.5304 पर कॉल करें।

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。425.688.5304 まで、お電話にてご連絡ください。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 425.688.5304 번으로 전화해 주십시오.

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 425.688.5304 'ਤੇ ਕਾਲ ਕਰੋ।

تنك لاح يف ةيناجملا يوغلل امعدلا تامدخ رفوتت  
مقرلا ىلع انعم لصاوتلا ىجري. ةيبرعلا يثدحتم نم  
425.688.5304

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 425.688.5304.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 425.688.5304.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 425.688.5304.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 425.688.5304.

గమనీక: ఒకవేళ మీరు తెలుగు భాష మాట్లాడగలిగితే, మీ కొరకు భాషా సహాయక సేవలు, వయయం లేకుండా అందిస్తాము. 425.688.5304 కు కాల్ చేయండి

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 425.688.5304.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 425.688.5304.





# PATH TO DISCHARGE

We want to help you be ready when it is time to leave the hospital. The Path to Discharge on your blue folder shows you the things that should happen before you go home. We will look at these each morning to make sure you are ready.

**We recommend having someone prepare your home for your return by:**

- Turning on the heat so your home is warm.
- Making sure food is available.
- Bringing clothes for you to wear home.
- Ensuring you have a thermometer available.
- Making sure you have a comfortable place to sit and rest.
- Placing a phone and/or chargers within easy reach.

**After-Visit Summary**

Before you leave, you will receive an after-visit summary containing:

- Home care instructions.
- Your medication list.
- Activity and diet instructions.
- Symptoms to watch for.

To help you get ready for discharge, tell us about your top three concerns before leaving the hospital.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# YOUR PATH TO DISCHARGE



# YOUR STAY

During your stay at Overlake, we want you to be safe, comfortable and informed. Below you will find our quick guide about important safety information. This information is also available as a video by choosing the “Welcome” icon on the main TV screen.

We want to work with you and for you during your stay. At Overlake, you are our partner in care. Tell us about yourself and what is important to you. Ask questions, and tell us what you need.

We understand family and visitors can help you feel better. If there is someone you do not want to see, just let us know, and we can help. There may be situations when limiting or restricting visitors is necessary to ensure the safety of patients and staff. If you have questions about our current visitor management process, please ask your nurse.

## Staff ID Badges

Feel free to ask anyone to see their hospital identification.

## Patient ID Band

Check your ID band. Is your name spelled correctly? Is your date of birth correct? If you have allergies, do you also have a red armband?

## Patient Verification

We will always make sure we are giving the right patient the right treatment. We will always check by asking you to tell us your name and birthdate. We will ask every time. We want to keep you safe.



## Medication Safety

Ask us about the medicines we give you. If you do not know the medication, or if the amount does not seem right, ask us to check again.

- Tell someone immediately if you think you are having a reaction to a medication. You might feel itchy or develop a headache, nausea, vomiting or blurry vision.
- If you do not get a medication that you normally take at home, tell your doctor or nurse.
- Ask your doctor or nurse what a new medicine is for and how it will help you.
- Have the brand names and any other names for the medicine written down for you. (Check your after-visit summary.)
- Find out how to take the medicine and for how long.
- Ask about side effects and what to watch for when you take the medicine.
- See pages 16 and 17 in this booklet for important medication safety information.

## Call, Don't Fall!

When you are in the hospital and taking medications, you may be unsteady on your feet. Your nurse will check you to see if you are at risk for falling. If so, the staff will take special care of you such as:

- Staying with you when you are in the bathroom.
- Giving you a bed or chair with an alarm.
- Helping you when you walk.

Let us know if you need to get up. Press the call-light button to call your nurse for help.

## You & Your Healthcare Team

Your doctors, nurses and technicians want to hear from you, and we know you want to hear from us. Here are some of the ways we will keep in touch:

- **Call lights:** Use the call light button to contact your care team. We aim to respond within 10 minutes. If we did not meet that goal, ask to talk to the charge nurse. For your safety, please do not get up without a staff member at your side.
- **Safety/comfort rounds:** For your safety and comfort, a member of your care team will be checking in with you at least once an hour. We will ask how you are doing, if you are having any pain and whether you need to go to the bathroom.
- **Bedside report:** When the nurse's shift has ended, they will introduce you to the nurse taking over your care. Together, you and your assigned nurses can review what happened during the past shift and address any questions or concerns
- **Physician visit\*:** Your doctor will generally see you once each day. Your nurse has a clear understanding of your condition, your treatments and the doctor's orders. Feel free to ask your nurse any questions you may have. If you would like the nurse to contact your doctor with a specific question, just ask.

\*Some visits may be virtual.

## Prevent Infections

**Cover your cough:** Please wear a mask if you have a cough, if it is flu season, or if you are instructed to do so by a staff member.

**Wash your hands:** Handwashing is the best way to fight the spread of germs. We ask that everyone, including healthcare providers and visitors, to wash their hands with soap and water or alcohol-based sanitizer. In the hospital, we remind everyone to clean their hands when entering and leaving your room.

## Preventing Blood Clots While in the Hospital

While in the hospital, you are at a higher risk of developing a blood clot.

### What is a blood clot?

Blood flows continuously throughout the body in the arteries and veins. However, with immobility, injury or a cut, blood naturally thickens and clumps, forming a clot to prevent further blood loss.

Unfortunately, there are times when a blood clot will form unnecessarily. Clots can form in your legs or arms. This can be dangerous and can sometimes lead to stroke, heart attack or be life threatening.

### What are signs of a blood clot?

Tell the nurse or doctor right away if you have any of the following symptoms.

- New swelling, pain, warmth/redness in your leg or arm
- Difficulty breathing, chest pain, rapid or fast heartbeat

### How can blood clots be prevented?

There are different ways to prevent clots. Your doctor will recommend the most appropriate options for you.

1. Take medication

Options include pills or injection medications, depending on your specific situation.

2. Use of sequential compression devices (SCDs)

This method involves a sleeve being wrapped around each of your legs. The pumping action of the sleeve increases the flow of blood in your legs to prevent clots.

To prevent falls, please ask a staff member to assist you with removing the leg sleeves before you get out of bed. Then, make sure the sleeves are placed back on after you're safely in bed.

3. Walk

In addition to SCDs, standing up and walking will also reduce your risk of clotting.

Smoke & Tobacco-Free Campus

There is no smoking on the Overlake campus. This includes e-cigarettes and unregulated nicotine products. If you would like information on nicotine replacement options, please talk to your nurse and provider.

Informed Consent

Talk to your doctor about concerns you may have regarding any procedure or surgery, including:

- Risks and benefits.
- Treatment options.
- What can happen without treatment.

Do not sign the consent form until you understand all this information.

If you are more comfortable with a language other than English, request an interpreter to ensure complete understanding.

Visitors

We recognize the important role family and visitors can play in your recovery. In most circumstances, family members and other

visitors are welcome. However, in order to ensure the safety of patients and staff, there may be situations when limiting or restricting visitors is necessary. If you have questions about our current visitor management process, please ask your nurse.

- Consider other patients and families as well, especially if you are sharing a room.
- Your support person can help to manage your visitors if you need to rest.
- By law, you have the right to appoint someone you know to make decisions on your behalf while you are in the hospital. This is called a "patient representative."
  - You can name someone to act on your behalf, in case you are unable to make decisions.
  - Your representative can receive all the information you receive and a copy of all the documents you receive while you are in the hospital.
  - You can also change your mind at any time about your representative.

Due to general health issues, only service animals that meet the ADA definition of a service animal may come to visit. However, service animals may be excluded from limited-access areas where strict infection and cleanliness control measures are in place.

- Emotional support animals **are not** considered service animals by the ADA or Washington state law and are not protected by the laws outlined for service animals.
- Pets are not allowed.



We reserve the right to modify visitation for the safety of our patients, visitors and staff as needed.

Your Patient Experience

At Overlake, our goal is for you to have a superior patient experience. After your stay with us, you may receive a survey in the mail, in an email or via text message. We strive to achieve exceptional service and value your honest feedback on this survey.

Rapid Response Team

If you, your family or visitors notice that you are becoming sicker, tell your nurse right away.

Tell us if you:

- Are finding it harder to breathe.
- Have chest pain.
- Have a feeling that something does not look or seem right.

- Are sleepier than usual or unusually slow to wake.
- Are confused.
- Have any unexplained, strong pain.

Alarms

Some of the equipment in your room may have an alarm that might sound like a beep or a bell. Staff hear the alarms and will respond.

Smartphones

When we're on the phone, it's all about patient care.

We use specialized smartphones to coordinate patient care with less noise and more efficiency.

We are working to enhance your patient experience and safety at all times.

PATIENT REPRESENTATIVE Q&A

Do I have to name a representative?

No. You can decline when we ask. You can also change your mind later.

What about my durable power of attorney for healthcare (DPOA)?

Your relationship with your DPOA does not change if you designate a representative.

If my son who lives in another state is my DPOA, why would I want a representative?

Many patients have DPOAs on file. Sometimes this trusted person is out of the area or unable to be with you in the hospital. You are allowed to

designate a representative for this hospital stay to support you and help you make decisions. This could be a trusted friend or neighbor.

**If my DPOA is unable to be with me, can someone else help me?** You can have visitors at any time. However, in order to ensure the safety of patients and staff, there may be situations when limiting or restricting visitors is necessary. You can also appoint a support person who can support you during your stay and help you manage your visitors.

**If you have any questions, please ask to talk to Care Management at 425.688.5015.**



# FOR YOUR SAFETY

When you are in the hospital, illness, injuries, surgery and medications may increase your risk of falling. To help keep you safe, we may use some of the tools below to move you in a safe and comfortable way. If you need to get out of bed, always have staff help you.

## Bed Alarm

An alarm on the bed lets us know when you are out of bed.

## Call Light

Press the button to call your nurse for help. If you need help moving around, please call before getting up. We want to keep you safe.

## Daily Room Clean

For your health and safety, our Environmental Services staff will clean your room daily. If you have additional housekeeping needs, please let our staff know.

## Gait Belt

The belt fits snugly around your waist and helps us support you when you are walking around the unit.

## Getting Out of Bed

Do not get out of bed, out of the chair or off the toilet without a staff member to help. A staff member must be with you during all out-of-bed activities for the entire time you are in the hospital. Do not practice with your support person without a staff member present.

## Lifts

Sometimes we can use a mechanical lift to move, lift and hold you. A sling connects to the lift to support your weight. Some lifts can move from room to room. In some units, the lifts are connected to the ceiling.

## Pink Slips

Sometimes we use transfer sheets, called "pink slips," to make it easier to move you in bed.

## Safe Footwear

We will give you non-skid footies to help keep you from slipping and falling.

## Walkers & Wheelchairs

If you need a walker, we will get you one that fits you. If needed, we will get you a wheelchair.



# MANAGING PAIN

When you are in the hospital, you might have some pain. We will do everything we can to help you manage your pain. There are several parts to your pain control plan:

## The Level of Pain You Feel

We ask you to help us measure your pain level by asking questions such as:

- "Tell me about your pain."
- "If a 10 means the worst pain you can think of—and a 0 is no pain at all—what is your pain?" If giving your pain a number does not work for you, ask your nurse about using another scale. Or, think about using the Numeric Pain Scale below.
- "Has your pain changed in the last hour?" Has it become better or worse?"
- "Where does it hurt?"

We will ask you many times a day about your pain. Please let us know if you are uncomfortable.

## Your Pain Goal

- What level of pain can you tolerate? When you're not in the hospital and your head hurts, what is a reasonable amount of pain that you can deal with—is it a 3 or a 5 out of 10? Once we know that, we can be sure to manage your pain to that level.

Please understand that a goal of "no pain" is not realistic. If you are not feeling anything, you may have too much medication. This can cause confusion, nausea, vomiting and trouble breathing or seeing.

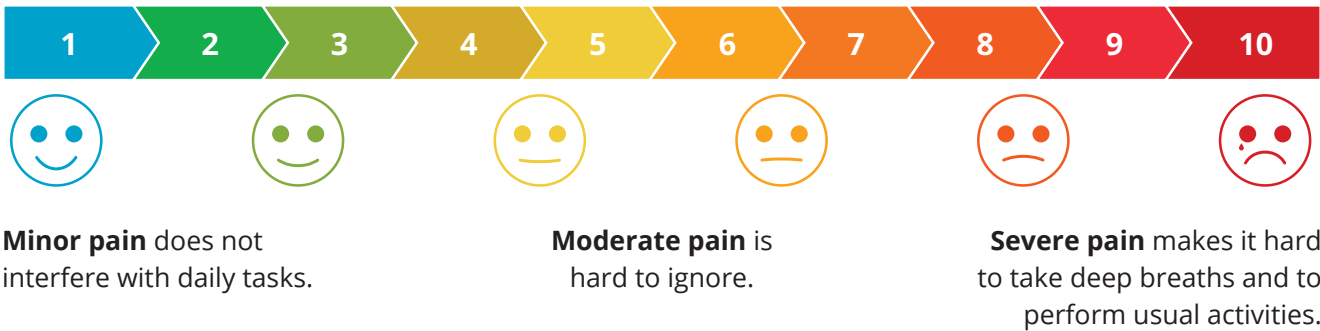
## Your Pain Control Options

- A complete pain control plan can include ice, movement, meditation and music, as well as medication. Distractions, such as entertainment or relaxation techniques, can also help.
- If you will be taking narcotic medications, we will check on you frequently to make sure you are breathing well. Sometimes, we may need to wake you during the night. This is for your safety.

## We Need You to Tell Us:

- If the pain control plan is working. We might ask you if your pain got better or worse after using an ice pack or taking medication.
- If you feel like throwing up.
- If your vision changes or you see unusual things.

## The Numeric Pain Scale



**Minor pain** does not interfere with daily tasks.

**Moderate pain** is hard to ignore.

**Severe pain** makes it hard to take deep breaths and to perform usual activities.

## Know Your Medications & Side Effects

A side effect is a reaction to a medicine.

### Treats Infections

| Type of Drug                                                                                    | What is it for?        | Common Side Effects                                 | Name of Medication                                            |
|-------------------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------|---------------------------------------------------------------|
|  Antibiotics | treats infections      | diarrhea, nausea, headache, metallic taste in mouth | amoxicillin, Bactrim®, levofloxacin, cephalexin, azithromycin |
|  Antifungals | treats fungal or yeast | abdominal pain, nausea, diarrhea                    | fluconazole, ketoconazole, voriconazole, nystatin             |

### Cardiac (Heart and Circulation)

| Type of Drug                                                                                                                       | What is it for?                                                           | Common Side Effects                                      | Name of Medication                                                  |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------|
|  Anticoagulants (Blood Thinners), Antiplatelets | helps prevent stroke, heart attack, and other heart/blood vessel problems | bruising, unusual bleeding, fever, weakness, pale skin   | warfarin, heparin, enoxaparin, Eliquis®, Xarelto®, Plavix®          |
|  Blood Pressure Medications                     | helps control fast heart rate and blood pressure                          | <b>fall risk</b> , tremors, tiredness, fainting, cough   | metoprolol, atenolol, losartan, lisinopril, carvedilol, amlodipine, |
|  Cardiac Agents                                 | helps heart function and heart rate                                       | <b>dizziness</b> , change in heart rate, tiredness       | digoxin, diltiazem, amiodarone, sotalol, verapamil                  |
|  Cholesterol Medications                        | lowers cholesterol                                                        | upset stomach, loose stool, gas, muscle pain             | rosuvastatin, atorvastatin, simvastatin, pravastatin, lovastatin    |
|  Diuretics (Water Pills)                        | removes excess fluid, decreases blood pressure                            | <b>fall risk</b> , <b>dizziness</b> , frequent urination | furosemide, hydrochlorothiazide                                     |

### Help Manage Pain

| Type of Drug                                                                                                         | What is it for?                           | Common Side Effects                                       | Name of Medication                                                  |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|
|  Anti-Inflammatory/ Pain Agents | decreases inflammation/ swelling and pain | heartburn, nausea, upset stomach                          | aspirin, celecoxib, meloxicam, ketorolac, ibuprofen                 |
|  Muscle Relaxants               | decreases muscle spasm                    | <b>fall risk</b> , <b>dizziness</b> , drowsiness, fatigue | cyclobenzaprine, methocarbamol, baclofen, carisoprodol              |
|  Pain Medications               | reduces pain                              | <b>fall risk</b> , constipation                           | fentanyl, hydromorphone, morphine, hydrocodone, oxycodone, tramadol |
|  Proton Pump Inhibitor          | treats heartburn, stomach ulcers, GERD    | constipation, muscle cramps, weight gain                  | omeprazole, pantoprazole                                            |

## Know Your Medications & Side Effects

A side effect is a reaction to a medicine.

### Well-Being

| Type of Drug                                                                                                             | What is it for?                | Common Side Effects                                         | Name of Medication                                               |
|--------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------------------|------------------------------------------------------------------|
|  Antidepressants                    | helps with depression          | drowsiness, dry mouth, constipation, blurred vision         | mirtazapine, fluoxetine, sertraline, escitalopram, citalopram    |
|  Nicotine Supplements               | helps with nicotine withdrawal | <b>dizziness</b> , increased heart rate, headache, insomnia | nicotine patch                                                   |
|  Sedative, Sleep Aids, Anti-Anxiety | helps to relax and sleep       | <b>fall risk</b> , drowsiness, headache, fatigue, confusion | melatonin, trazodone, zolpidem, lorazepam, midazolam, alprazolam |
|  Antiemetics                        | relieves nausea                | drowsiness, headache, constipation, diarrhea                | ondansetron, prochlorperazine, metoclopramide, promethazine      |

### Specific Conditions

| Type of Drug                                                                                          | What is it for?             | Common Side Effects                                            | Name of Medication                                         |
|-------------------------------------------------------------------------------------------------------|-----------------------------|----------------------------------------------------------------|------------------------------------------------------------|
|  Anticonvulsants | prevents seizures           | drowsiness, dry mouth, blurred vision                          | phenytoin, levetiracetam, carbamazepine, lacosamide        |
|  Antidiabetics   | controls blood sugar levels | <b>dizziness</b> , tremors, tiredness, diarrhea, fainting      | glipizide, glyburide, metformin, Januvia®, insulin         |
|  Inhalers        | helps breathing problems    | altered heart rate, dry mouth, headache                        | albuterol, salmeterol, formoterol, fluticasone, mometasone |
|  Laxative/Fiber  | helps with constipation     | diarrhea, abdominal cramping & discomfort                      | bisacodyl, docusate, senna, Metamucil®, Miralax®           |
|  Corticosteroids | helps with inflammation     | weight gain, puffy face, nausea, mood swings, trouble sleeping | hydrocortisone, Cortef, prednisone, Celestone, Kenalog     |
| Other:                                                                                                |                             |                                                                |                                                            |
| Other:                                                                                                |                             |                                                                |                                                            |



# POLICIES & NOTICES

## Nondiscrimination Policy

Overlake Medical Center & Clinics complies with applicable federal civil rights laws and does not discriminate, exclude, or treat people differently on the basis of race, color, national origin, age, disability, religious creed, ancestry, medical condition, marital status, gender, gender expression, sexual orientation, genetic information, military/veteran status, pregnancy, or immigration status.

## Language Assistance Policy

Overlake Medical Center & Clinics provides:

### Free aides and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).

### Free language services to people whose primary language is not English, such as:

- Qualified interpreters.
- Information written in other languages.

If you need these services, call **425.688.5304**.

If you believe that Overlake Medical Center & Clinics has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, religious creed, ancestry, medical condition, marital status, gender, gender expression, sexual orientation, genetic information, military/veteran status, pregnancy, or immigration status, you may file a grievance with:

Overlake Medical Center & Clinics  
Quality of Care and Regulatory Department  
1035 116th Ave NE  
Bellevue, WA 98004  
Phone: **425.688.5191**  
Email: **patient.action@overlakehospital.org**

You can file a grievance in person, by mail or by email. If you need help filing a grievance, an

Overlake Medical Center patient advocate is available to help you.

Phone: **425.688.5191**  
Email: **patient.action@overlakehospital.org**

You may also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **ocrportal.hhs.gov**, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Ave SW  
Room 509F, HHH Building  
Washington, DC 20201  
Phone: **1.800.696.6775, 800.537.7697** (TDD)

Complaint forms are available at **hhs.gov/ocr/complaints**.

## Patient Responsibilities

- You have the duty to give your doctor or nurse true and complete information about your illness and past health.
- You have the duty to tell your doctor or nurse if you do not understand what they are telling you.
- You have the duty to tell your doctor or nurse if your condition changes or if you start having problems.
- You have the duty to follow the rules of the hospital.
- You have the duty to treat the healthcare team with respect.
- You have the duty to give accurate information about insurance.
- You have the duty to pay your bill and tell us if you need to make special payment arrangements.
- For a complete list of patient rights and responsibilities, visit **overlakehospital.org/patientrights**.

## You Have the Right:

- To information about your care.
- To receive information in a way you understand. You have the right to an interpreter or other communication aide if you do not speak English, if English is your second language, if you are deaf or hard of hearing, if you have vision issues, if you have cognitive impairment, if you have speech difficulties. Qualified interpretive services will be provided free of charge.
- To be involved in planning your care.
- To have visitors. There may be situations when limiting or restricting visitors is necessary to ensure the safety of patients and staff; if you have questions about our current visitor management process, please ask your nurse.
- To be treated with respect.
- To appropriate assessment and management of pain.
- To make advanced treatment directives and to have your caregivers follow your wishes. Additional information is available upon request.
- To know who is responsible for your care and who is performing a procedure or treatment.
- To be safe while in the hospital.
- To privacy.
- To be free from any form of restraints, unless it's needed for your own safety or the safety of others.
- To have family or your representative and your physician be told of your admission to the hospital.
- To talk about concerns or complaints about your care without fear of receiving poor treatment and to have your concerns reviewed—when possible—resolved in a timely manner.
- To end-of-life care.
- To your medical record.
- To an itemized and detailed explanation of your bill, when requested.
- To accept or refuse treatment and to accept or refuse to participate in research studies.
- To pastoral care and other spiritual services.
- To give or withhold consent to produce or use recordings, films or other images of you for purposes other than your care.
- To donate tissues and organs after consultation with medical staff and your representative.

- To be transferred to another facility at your request or when medically appropriate and legally permissible and have received a complete explanation of the need for such a transfer.
- To receive information about your treatment needs after you discharge.

If you have concerns about your care, contact:

- Overlake Medical Center – Care Management:  
Phone: **425.688.5015**
- Washington State Department of Health  
Complaint Line:  
Phone: **1.800.633.6828** (toll-free)
- Joint Commission Complaint Line:  
Phone: **1.800.994.6610** (toll-free)

For a complete list of patient rights, visit **overlakehospital.org/patientrights**.

## Share Your Concerns

We welcome your questions, suggestions or any concerns. We want you to have an excellent patient experience. If you have a concern, ask to talk to:

- The charge nurse on your unit.
- The nurse supervisor or nurse manager.
- If you are still concerned, please call Overlake's Patient Experience Team at **425.688.5613** and leave a message.

You have the right to contact:

- Washington State Department of Health  
at **1.800.633.6828**.
- Washington State Department of Health  
Complaint Intake:  
P.O. Box 47857  
Olympia, WA 98504-7857.
- The Joint Commission at **1.800.994.6610**  
to report concerns or to register complaints.
- For quality concerns, contact  
Kepro at **1.888.305.6759**.

For information about the ADA, call toll free **1.800.514.0301** (voice) or **1.800.514.0383** (TTY) or visit **ada.gov**.

# PARKING & CAMPUS MAP

## Parking & Campus Information

Access to the main hospital campus is available from 116th Ave NE. Emergency Room access is located off NE 10th St.

## GARAGE ACCESS & RATES

The hospital parking garages are available 24 hours a day.

Patients and visitors are issued a printed ticket at the garage entrances, which is used to calculate the time parked at Overlake.

Parking at Overlake garages (G1, G3, G4) is free up to 1.5 hours, while Building 5 parking is free for up to 1 hour. *(Please refer to the map on next page.)*

Valet parking is available Monday–Friday for \$7/day. Cars with a disabled parking placard may use valet parking for \$2/day.

For current parking rates beyond the free time periods, please visit our website: [overlakehospital.org/visit/campus-map-parking](https://overlakehospital.org/visit/campus-map-parking).

If you have any questions or need assistance, please call ABM parking services at Overlake 425.688.5277.

## PARENT & BABY CARE CENTER HAS A NEW LOCATION:

Lester Professional Plaza  
1800 116th Ave NE  
Suite 201  
Bellevue, WA 98004

## Building Information

### BUILDING 1 - EAST

- Level 1: Admitting  
Conference Rooms  
Boutique  
Beecher's
- Level 2: Labor & Delivery  
Obstetrics Emergency Department  
Antepartum
- Level 3: Postpartum Unit  
Neonatal Intensive Care Unit (NICU)
- Level 4: Telemetry  
Oncology
- Level 5: Orthopedics

### BUILDING 1 - SOUTH

- Level 1: Emergency Department
- Level 2: Post Anesthesia Care (PACU)
- Level 3: ICU, Critical Care
- Level 4: Telemetry  
Progressive Cardiac Care
- Level 5: Bariatric Surgery  
General Surgery

### BUILDING 2

- Basement Level: The Atrium Cafe
- Level 1: Heart & Vascular  
Medical Imaging
- Level 2: Surgical Admitting for Main Surgery  
Neonatal Intensive Care Unit (NICU)
- Level 3: Special Procedures/Short Stay/Infusion
- Level 4: Medical-Surgical

### BUILDING 3 (Overlake Medical Tower)

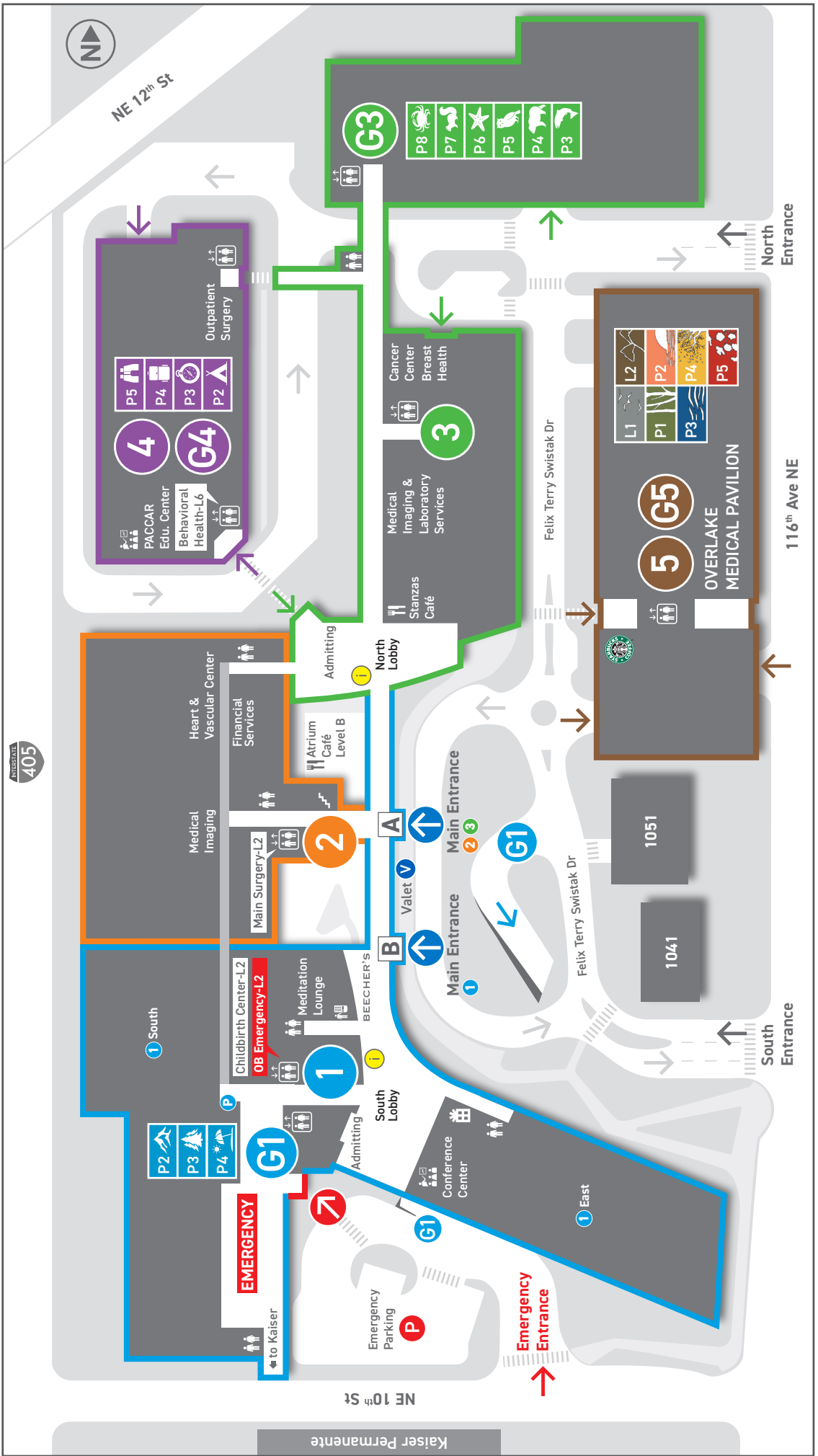
- Level 1: Admitting  
Stanzas Cafe  
Laboratory  
Outpatient Medical Imaging
- Levels 2–6: Clinics

### BUILDING 4

- Level 1: PACCAR Education Center  
Conference Rooms  
Outpatient Surgery & Recovery
- Level 6: Behavioral Health

### BUILDING 5 (Overlake Medical Pavilion)

## CAMPUS WAYFINDING MAP



### BUILDING KEY

- BUILDING 1 GARAGE G1
- EMERGENCY
- OB Emergency
- Childbirth Center

- BUILDING 2
- Main Surgery
- Medical Imaging
- Heart & Vascular Center
- Financial Services

- BUILDING 3 GARAGE G3
- Cancer Center
- Medical Imaging & Laboratory Services

- BUILDING 4 GARAGE G4
- Outpatient Surgery
- PACCAR Education Center
- Behavioral Health Unit

- BUILDING 5 GARAGE G5
- Overlake Medical Pavilion

### MAP KEY

- Elevators
- Restroom
- Concierge
- Cafés
- Boutique
- Vending
- Conference
- Pay Station





**YOUR  
OPINION  
WILL HELP  
MAKE EVERY  
STAY THE BEST  
IT CAN BE.**



MAIL



EMAIL



TEXT

**You may receive a confidential survey about your experience.  
Please help us by sharing your opinions.**

**OVERLAKE** | MEDICAL CENTER  
& CLINICS

1035 116th Ave NE, Bellevue, WA 98004

**425.688.5000**

[overlakehospital.org](http://overlakehospital.org)