



Your Stay



Welcome to Overlake

**It is our privilege to welcome you to
Overlake Medical Center.**

Thank you for choosing us for your care.

Everyone at Overlake—the physicians, nurses and technicians, as well as the housekeeping, security, dining services and administrative teams—are here for the singular purpose to support **you**.

We know a hospital stay can be stressful and confusing. We have developed a few ways to make you feel as comfortable as possible and to more easily communicate with your care team.

This handbook will help answer some of the questions you may have. If at any time during your stay you have questions about your care or wish to tell us about any special needs, please let your nurse know.

During your stay, you may be visited by the unit's nurse leader. Called **nurse leader rounding**, this visit takes just a few minutes and helps us ensure your needs are being met. You may also see nurses completing a **bedside shift report**. This takes place during shift change, when the nurse who has been caring for you communicates with you, your support person(s), and the nurse who will be caring for you during the oncoming shift. Please use these as opportunities to ask questions or share any concerns or suggestions you may have.

You will also see a whiteboard in your room, where we will post important information, such as your name, your support person(s) contact information and the names of the nurse and patient technician who are caring for you.

After you leave the hospital, you may receive a survey asking about your stay. **We encourage you to share your feedback about your stay with us by returning the survey.** Your feedback helps us provide the best possible care and service for every patient and our entire community.

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

Sincerely,

JON DUARTE

President & CEO | Overlake Medical Center & Clinics
and the Overlake care team

TABLE OF CONTENTS

Table of Contents

Welcome to Overlake Medical Center 1

Services 4

Path to Discharge..... 9

Your Stay 10

For Your Safety..... 14

Managing Pain..... 15

Policies & Notices..... 18

Parking & Campus Map..... 20

Important Phone Numbers

Billing Office 425.688.5124

Care Management 425.688.5269

Financial Counselors 425.688.5655

Kaiser Permanente Pharmacy (Bellevue Medical Center) 425.502.3820

Hospital Operator 0

Patient Action Line 425.688.5191

Parking Manager 425.688.5277

Rapid Response TeamDial 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.



When calling from a hospital phone, 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 many choices, are allergen-friendly and can accommodate a variety of special diets. 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.–7 p.m.** Dial **MENU (extension 6368)** on your room phone to place your order.

Visitor Dining

Stanzas Café: Located in Building 3, Level 1, 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–Friday, 6 a.m.–2 p.m. Closed weekends and holidays.

The Atrium Café: Located in Building 2, Level B, 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.–7:30 p.m.**

Atrium
Cafe



Scan the QR code to visit our Inpatient Dining Services.



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. Please ask your nurse for more information.

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. We try very hard to reduce the noise around patient rooms. If you need more peace and quiet to get the rest you need, please ask your nurse for earplugs 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**.
- If you have questions, please call the Billing Office at **425.688.5124**.

Recognizing Outstanding Care

Would you like to recognize your nurse or patient care technician for providing exceptional care? You can nominate them for the prestigious DAISY (nurses), or BEE (patient care technicians), awards.



To learn more or submit a DAISY or BEE nomination, scan the QR codes above.

Other Ways to Share Appreciation

Interested in sharing your appreciation with other members of the care team, or your provider? You can send them a note of appreciation with a digital Recognizing Excellence card, scan the QR code:



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 have any questions or concerns, you or any Overlake employee acting on your behalf may call 425.688.5304 to request assistance or devices.
- 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), 1.833.610.1264 (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。

تالې مسټ، ډي نك ټي وگتفگ ټي سراف نابز هب رگا :هچوت.
اب. دشاب ټي مهارف امش ټي ارب ناگي ټي وروصب ټي نابز
ډيري گب 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 नि:शुल्क 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 ي ف ية ن ا ج م ل ا ي و غ ل ل ا م د ل ا ت ا م د خ ر ف و ت
م ق ر ل ا ي ل ع ا ن ع م ل ص ا و ت ل ا ي ج ر ي . ة ي ب ر ع ل ا ي ت د ح ت م ن م
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.

గమనిక: ఒకవేళ మీరు తెలుగు భాష మాట్లాడగలిగితే, మీ కొరకు భాషా సహాయక సేవలు, వ్యయం 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.



My Path to Discharge

Preparing for Your Discharge

We want to help you be ready when it is time to leave the hospital. The information on this page will help you prepare.

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.
- Preparing your bed or sleeping location for you.

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.

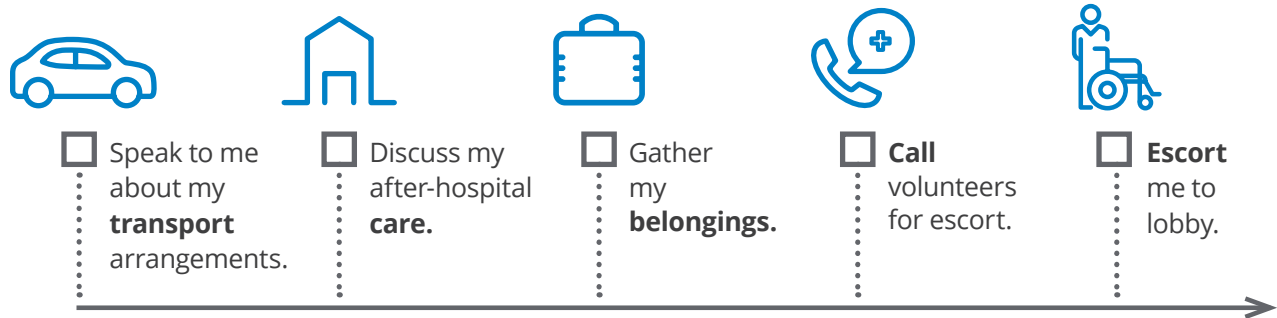
If Appropriate for Your Care, Your Care Team Will:


- Arrange for you to speak with social worker.
- Arrange for you to speak with dietician.
- Provide you with contact information for a financial counselor.

My Things to Do

- Make follow-up appointment with provider.
- If needed, collect and set up medical equipment or devices for care or mobility (your care team may assist you if need help).

My Care Team Will:




**Day of
Discharge**

**Check out by
11 a.m. on:**

DAY and DATE

Notes

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 or on the commode.
- 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, 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.

Preventing Blood Clots Continued

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.

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

Service Animals

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.

Your Patient Experience

At Overlake, our goal is for you to have the best possible hospital stay. After your stay with us, you may receive a survey via text, email or mail. 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.

You Can Make a Difference

As a nonprofit organization, Overlake relies on community support.

Your gift helps provide compassionate cancer treatment, top-tier heart care, advanced treatment for strokes, a full spectrum of mental health care, financial assistance for low-income patients, and so much more.



Please visit overlakehospital.org/gratefulgiving or scan the QR code.



foundation@overlakehospital.org | 425.688.5525

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 425.688.5269.

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 or Chair Alarm

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

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 will stay in the room with you during all out-of-bed activities for the entire time you are in the hospital, including commode and bathroom use. Do not practice getting out of bed 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.

Virtual Monitoring

For some patients, virtual monitoring is used to prevent falls and adverse outcomes. The 24/7 monitoring ensures you remain safe in our care.



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:

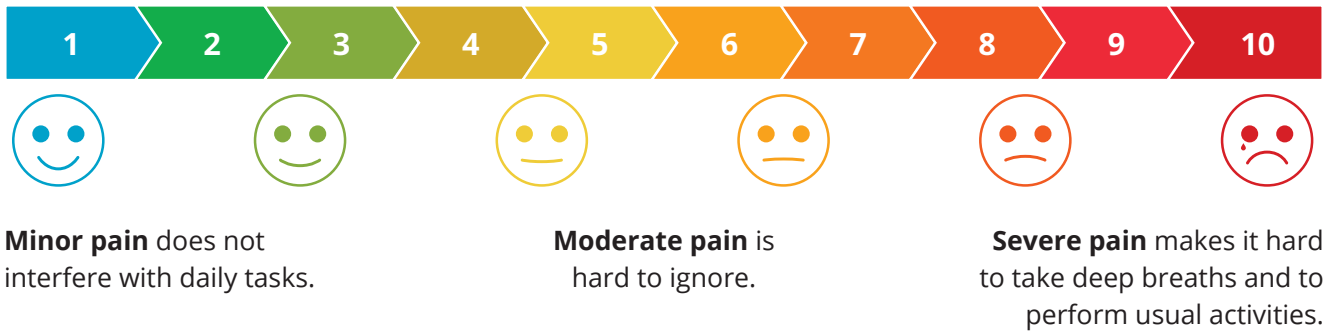
- "Tell me about your pain."
- "If a 10 means the worst pain you can think of—and a 0 is no pain at all—what is your pain?" If giving your pain a number does not work for you, ask your nurse about using another scale. Or, think about using the numeric pain scale below.
- "Has your pain changed in the 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.

The Numeric Pain Scale



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.







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 <input type="checkbox"/>
 Antifungals	treats fungal or yeast	abdominal pain, nausea, diarrhea	fluconazole, ketoconazole, voriconazole, nystatin <input type="checkbox"/>

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® <input type="checkbox"/>
 Blood Pressure Medications	helps control fast heart rate and blood pressure	fall risk , tremors, tiredness, fainting, cough 	metoprolol, atenolol, losartan, lisinopril, carvedilol, amlodipine <input type="checkbox"/>
 Cardiac Agents	helps heart function and heart rate	dizziness , change in heart rate, tiredness 	digoxin, diltiazem, amiodarone, sotalol, verapamil <input type="checkbox"/>
 Cholesterol Medications	lowers cholesterol	upset stomach, loose stool, gas, muscle pain	rosuvastatin, atorvastatin, simvastatin, pravastatin, lovastatin <input type="checkbox"/>
 Diuretics (Water Pills)	removes excess fluid, decreases blood pressure	fall risk , dizziness , frequent urination 	furosemide, hydrochlorothiazide <input type="checkbox"/>







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 <input type="checkbox"/>
 Muscle Relaxants	decreases muscle spasm	fall risk , dizziness , drowsiness, fatigue 	cyclobenzaprine, methocarbamol, baclofen, carisoprodol <input type="checkbox"/>
 Pain Medications	reduces pain	fall risk , drowsiness, dry mouth, constipation 	fentanyl, hydromorphone, morphine, hydrocodone, oxycodone, tramadol <input type="checkbox"/>
 Proton Pump Inhibitor	treats heartburn, stomach ulcers, GERD	constipation, muscle cramps, weight gain	omeprazole, pantoprazole <input type="checkbox"/>







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 <input type="checkbox"/>
 Nicotine Supplements	helps with nicotine withdrawal	dizziness , increased heart rate, headache, insomnia 	nicotine patch <input type="checkbox"/>
 Sedative, Sleep Aids, Anti-Anxiety	helps to relax and sleep	fall risk , drowsiness, headache, fatigue, confusion 	melatonin, trazodone, zolpidem, lorazepam, midazolam, alprazolam <input type="checkbox"/>
 Antiemetics	relieves nausea	drowsiness, headache, constipation, diarrhea	ondansetron, prochlorperazine, metoclopramide, promethazine <input type="checkbox"/>

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 <input type="checkbox"/>
 Antidiabetics	controls blood sugar levels	dizziness , tremors, tiredness, diarrhea, fainting 	glipizide, glyburide, metformin, januvia®, insulin <input type="checkbox"/>
 Inhalers	helps breathing problems	altered heart rate, dry mouth, headache	albuterol, salmeterol, formoterol, fluticasone, mometasone <input type="checkbox"/>
 Laxative/Fiber	helps with constipation	diarrhea, abdominal cramping & discomfort	bisacodyl, docusate, senna, Metamucil®, Miralax® <input type="checkbox"/>
 Corticosteroids	helps with inflammation	weight gain, puffy face, nausea, mood swings, trouble sleeping	hydrocortisone, Cortef, prednisone, Celestone, Kenalog <input type="checkbox"/>
Other:			<input type="checkbox"/>
Other:			<input type="checkbox"/>

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.

Personal Belongings and Valuables

Overlake Medical Center & Clinics is not responsible for loss or damage to valuables retained by patients during their stay. Please arrange to send your valuables home, or ask your nurse about securing them in the Overlake safe for your stay.

Language Assistance Policy

Overlake Medical Center & Clinics provides:

Free aids 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

If you believe Overlake Medical Center & Clinics has failed to provide these services or discriminated on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation and gender identity), you can file a grievance with: Jennifer McAleer, 1557 Coordinator (Chief Compliance & Risk Officer) at ocrm@overlakehospital.org or 425.688.5717

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: 1.800.368.1019, 1.800.537.7697 (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 or scan the QR code.

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 aid 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, or 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: 425.688.5269
- 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 (toll-free).
- 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 1.833.610.1264 (TTY) or visit ada.gov.



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



TEXT



EMAIL



MAIL

**After discharge, you may receive a confidential survey about your experience.
Please help us by sharing your opinions.**

We also hope you'll take a moment to leave us a Google review by scanning the QR code below—
your feedback from both your Google review and the survey you'll receive after your hospital
stay will help us continue to improve care.

Google
Reviews ★★★★★



1035 116th Ave NE, Bellevue, WA 98004
425.688.5000
overlakehospital.org

OVERLAKE | MEDICAL CENTER
& CLINICS
MultiCare 