



Preparing for Admission to the Hospital

UW Medical Center–Montlake

This handout will help you prepare for being admitted to the hospital. It includes topics like parking and transportation, where to check in and what to expect.

Address University of Washington Medical Center–Montlake
1959 Pacific Ave. NE
Seattle, WA 98195

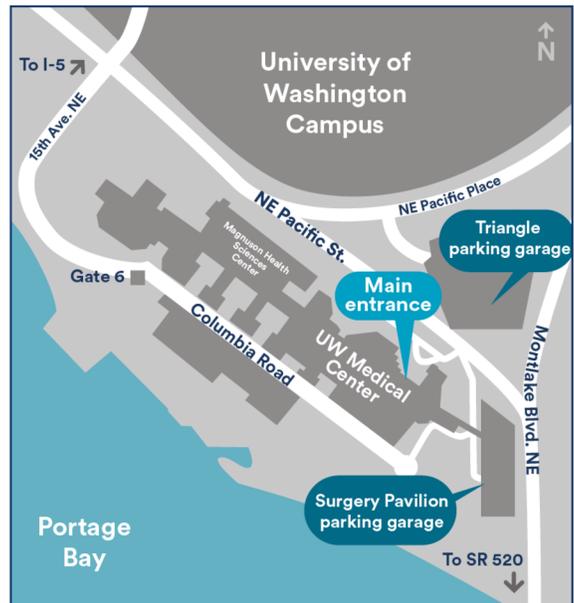
Driving Directions



- For driving and parking directions, scan the QR code or visit FredHutch.org/UW-Montlake.
- Please allow extra time for parking to make sure you are on time for your admission.
- Once you arrive at the hospital, follow the directions to the Admitting and Registration Office under “Checking In” on the next page.

Parking

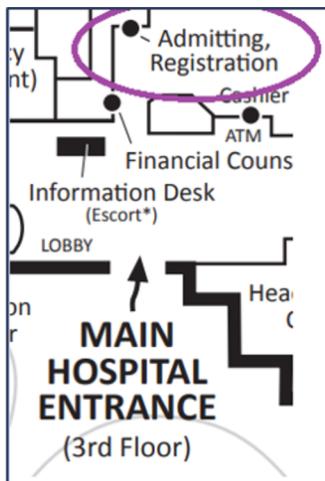
- The drop-off/pick-up area at UW Medical Center–Montlake is located in front of the main hospital entrance on Frontage Rd.
- The main hospital lobby is on the third floor.
- Access to the main hospital lobby is ADA-accessible.



Parking continues on next page

Checking In

You will check in at the Admitting and Registration Office on Floor 3. They will give you your room number and floor. To reach the Admitting and Registration office:



Map shows Admitting and Registration Office

From the main entrance (entering from the Triangle Garage):

- Enter the hospital through the main entrance, across from the pedestrian tunnel to the Triangle Garage. From the main entrance, veer slightly right of the Information Desk, and walk down a short hallway that leads to the Admitting and Registration Office.

What to Bring

We recommend bringing:

- Your own clothing to wear if you are admitted for chemotherapy treatment. If you have had surgery, please bring a change of clothing to wear the day you will be discharged.
- Any personal hygiene or toiletry items that you would like to have with you. The hospital has toothbrushes, toothpaste, shampoo and soap if you need any of these items.
- Personal items like a book, tablet or laptop that you would like to have with you.

What to Expect

- All rooms are singles and have an attached bathroom.
- Once you arrive at your unit, you will be escorted to your room. It will take at least 3 hours to prepare your chemotherapy from the time the nurse accesses your port.
- While you wait, you will meet the health care providers who will care for you during your stay. They will review your chemotherapy plan, including any medications to help with side effects.
- Spiritual Care, Social Work and Palliative Care services are available to help you and your family. Please tell us if you would like more information on any of these services.
- While being in the hospital can be a challenging time, we expect that everyone will be treated in a respectful manner. Inappropriate or aggressive language or behavior will not be tolerated.

Your Care

- You will see your hospital care team daily. You will see nurses more often, as they give medications, check infusions and your central line, and maintain safety. Staff will check your vital signs, such as heart rate and blood pressure, regularly.
- Blood is drawn daily for labs.
- The amount you are eating and drinking (intake) and the amount you are peeing and pooping (output) will be recorded daily. Your weight will also be checked each morning.
- Your nurse will manage all your medications. You do not need to bring your medications from home unless you are asked to do so.

Moving Around

- If you are able, walk the halls and sit up in a chair often to keep up strength. Wear nonskid socks or nonskid shoes anytime you are out of bed to help prevent a fall. If you feel weak or unsteady, do not get out of bed without help from a nurse.
- It is difficult to shower when you are receiving chemotherapy. Plan to shower before or after you receive chemotherapy.

Safety and Health

- To prevent infection, fresh flowers or plants are not allowed in patient rooms.
- Use your call light to request help. Nurses and hospital assistants answer calls as quickly as possible.
- Your strength and balance can change quickly. If needed to prevent falls, staff may use bed alarms, gait belts (a thick strap that goes around your waist), or help you move in and out of bed.
- While getting treatment, your bodily fluids will contain low levels of chemotherapy. Staff will wear protective equipment including gowns, gloves and masks when handling chemotherapy or bodily fluids.

Information for Caregivers and Other Visitors

- Each patient may have up to two visitors at the same time. Ask staff on your unit for current visiting hours. One caregiver per patient can stay overnight if there are no signs or symptoms of illness. For more details visit [UWMedicine.org/Coronavirus/Visitor-Policy](https://www.uwmedicine.org/coronavirus/visitor-policy)
- Caregivers can order food from the guest menu or visit the Plaza Café on the first floor of the Pacific Tower.
- If you bring in food from outside the hospital, you must check with the front desk before entering the patient's room. Some areas of the hospital may not allow outside food to prevent infection.
- Fresh foods can be stored for a maximum of 3 days. Once food is brought into the room, it cannot be removed to be reheated or stored. This is to prevent food related infections.