Throughout your hospital stay, you will have many different professionals involved in your care. Their greatest priority is to deliver to you high-quality, compassionate care. Many of your caregivers will provide information you will need at discharge and once you are home. That information will be shared with you and kept in this patient folder. Please keep your folder at your bedside, and do not discard any materials during your stay.

In addition, your nurse will provide you with a contact number for you to call if you have pending test results or if you have questions you need answered once you are home.

If you do not understand any information that is provided to you, please don’t hesitate to ask questions. Please speak up if you have any questions or concerns.

It is our privilege to care for you and provide you with the information you need to manage your health care.

Thank you for trusting us with your care. Better health begins here.

Respectfully,

The Staff at Tidelands Health
IN THIS GUIDE:
During your stay at a Tidelands Health hospital.................... 2-15
At discharge............ 16-18
Your care notes........... 19-20

If you have a need, concern or would like to recognize an employee partner for a job well done, please call

843-520-8888

Our Service Response Center is available 24 hours a day. We’ll be glad to help you any way we can.

SPEAK

peak up if you have questions or concerns. If you still don’t understand, ask again. It’s your body, and you have a right to know.

pay attention to the care you get. Always make sure you’re getting the right treatments and medicines by the right health care professionals.

educate yourself about your illness. Learn about the medical tests you get and your treatment plan.

ask a trusted family member or friend to be your advocate.

now what medicines you take and why you take them. Medication errors are the most common health care mistake.

use a hospital, clinic, surgery center or other type of health care organization that has been carefully reviewed. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission’s quality standards.

participate in all decisions about your treatment. You are the center of the health care team.

Rapid response teams
Tidelands Health hospitals have rapid response teams available 24/7 to provide immediate intervention if a patient is experiencing a change in condition that “just doesn’t seem right.” Anyone – a nurse, patient or patient’s family member – can call a rapid response team for assistance. We encourage patients and/or family members to discuss changes with a nurse before calling a rapid response team, but it is not required. To activate a rapid response team, use any in-house phone and dial the appropriate five-digit extension:

Tidelands Waccamaw Community Hospital
78497
Tidelands Georgetown Memorial Hospital
78046

Patients and visitors, as well as medical staff, hospital employees and volunteers, with unresolved patient safety or quality of care concerns should contact The Joint Commission Office of Quality and Patient Safety at 800-994-6610.
• At Your Request room service dining allows hospital inpatients the flexibility to order food from a printed menu during specified hours. Please ask your nurse for a menu.

• Free wireless Internet access is available at each Tidelands Health hospital. Instruction sheets with connection information are available at most nursing stations, waiting rooms and information/welcome desks.

• All Tidelands Health facilities are tobacco free. Smoking and the use of tobacco products are not allowed in any Tidelands Health building or on Tidelands Health property. Patients, visitors, employees, physicians, volunteers and all members of the public are prohibited from smoking inside or outside of any Tidelands Health facility.

• We respectfully ask that employees, patients and visitors keep their noise level to a minimum. We appreciate your understanding and cooperation in helping us to provide a safe, healing environment for our patients.

• Tidelands Health has volunteer chaplains available at each of our hospitals to provide pastoral care to our patients and their family. To request a visit from the volunteer chaplain, please contact a member of our nursing staff.

FOR ALL VISITORS:

When you visit our hospitals, please go to the welcome desk/security desk near the main entrance. You will be asked to provide the name of the patient you are visiting and will be given a visitor badge to wear during your visit.
Take advantage of the convenience of having your prescriptions filled at discharge at the Family Pharmacy. The pharmacy also offers a variety of over-the-counter medications.

**Tidelands Waccamaw Community Hospital**  
843-652-1545

**Tidelands Georgetown Memorial Hospital**  
843-520-8550

For your convenience, each of our hospitals has a gift shop filled with special gifts that convey “get well” wishes or “congratulations on your new arrival.” Gift shops are located in the lobby area on the first floor of each hospital.

**Tidelands Waccamaw Community Hospital**  
843-652-1184  
Monday-Friday 9:30 a.m.-3 p.m.

**Tidelands Georgetown Memorial Hospital**  
843-527-7145  
Monday-Friday 9:30 a.m.-4:30 p.m.

Each of our hospitals offers daily cafeteria service during breakfast and lunch hours. In addition, snack selections are available in our vending machines.

**Monday-Friday**  
Breakfast, 6:30-10 a.m. • Lunch, 11 a.m.-2 p.m.

**Weekends**  
Breakfast, 8-10 a.m. • Lunch, 11 a.m.-12:30 p.m.
Our quality commitment
At Tidelands Health, we are guided by a Triple Aim – that is, to deliver superior quality and service to our patients, to improve the health status of the communities we serve and to reduce the cost of health care delivery.

Anchored by our mission and vision, we invest in people, facilities and technologies that enable us to provide access to a broad continuum of high-quality health and wellness services – right here at home in the Tidelands region. We engage in continuous quality improvement, seeking always to become more efficient and effective for the benefit of the patients we serve.

Caring for you
During your hospital stay, you may receive treatment from a physician called a hospitalist. A hospitalist, who works full time in the hospital, coordinates your care among all providers to help ensure timely diagnosis and treatment regardless of whether you have a primary care provider.

Nurse shift reports occur when nurses who are going off duty share information about your care with nurses who are coming on duty. This transition gives you a chance to meet the nurse taking over your care, ask questions and share important information with your nurses. The nurse bedside shift reports take place daily from 6:45-7:15 a.m. and 6:45-7:15 p.m.

Tidelands Health offers a patient support partner program for inpatients and outpatients at Tidelands Waccamaw Community Hospital and Tidelands Georgetown Memorial Hospital. This program allows patients to designate another person or persons who will assist the patient in making decisions and be involved with the patient and the health care team in discussions about the patient’s care.

Tidelands Health encourages the participation of patient support partners because they can play a vital role in a patient’s recovery.

Patient support partners have access to the patient and the patient’s condition and can provide information to friends and family as directed by the patient. The patient support partner can remain in the patient’s room outside of visiting hours. Note: If necessary to deliver care, the health care team may ask a patient support partner to leave the patient’s room temporarily. Patient support partners can also accompany a patient for tests and remain with the patient as long as space and conditions allow.

Patient support partners will be given a patient privacy number to use when calling for patient information and also have a special identification band to wear at all times. Note: Although a patient can designate more than one patient support partner, only one band will be given and it must be worn by the support partner on duty.

CRITICAL CARE UNIT PATIENT SUPPORT PARTNERS
The critical care unit welcomes patient support partners and has additional guidelines for access, waiting area, physician rounding times and use of cell phones. Please ask the unit secretary for this information.
Our patients have the right to:

- Impartial access to treatment and care as outlined in our health system’s mission statement
- Considerate, respectful care with an understanding of the spiritual, psychosocial and cultural needs that affect their response to care
- Make decisions involving their health care in collaboration with their physician. These rights include the right to accept or refuse treatment and formulate advance directives.
- Information necessary to enable them to make treatment decisions that reflect their wishes such as types of treatments/procedures, potential benefits of procedures, potential drawbacks of procedures, problems related to recuperation, the likelihood of success and alternative treatments/procedures
- Register a complaint without recrimination, have those complaints reviewed and, when possible, resolved
- Participate in any discussion of ethical issues should they arise. If consideration of ethical issues becomes necessary, the hospital will involve the patient and/or family in decision-making.
- Access to the information contained in their medical record, within the limits of the law
- Privacy and confidentiality
- Know the health care team responsible for their care
- An itemized copy of their hospital bill
- A safe environment in which to recover
- Accept or decline visitors
- Have a support person remain with you during your stay unless there is a clinical reason for that person to temporarily leave the bedside

Our patients have a responsibility to:

- Provide accurate and complete information about past and present illnesses and hospitalizations
- Report any unexpected changes in their condition to their caregivers
- Follow their treatment plan as recommended by their health care team
- Be accountable for their actions if they refuse treatment or do not follow instructions
- Be accountable for financial obligations for their health care
- Follow the rules and regulations of our hospitals
- Be considerate of the rights of other patients and hospital staff

AT ANY TIME DURING OR AFTER YOUR HOSPITAL STAY, A CONCERN MAY BE RAISED BY CALLING OR WRITING:

Patient and Family Engagement 843-520-8506
Patient Advocate 843-652-1922

Tidelands Health
606 Black River Road
Georgetown, SC 29440
Your concerns are important to us, and we welcome the opportunity to address them. If you have a concern or grievance during or after your visit to a Tidelands Health facility, please speak with a staff member or ask to speak with the department supervisor or manager. If you prefer to talk with our patient advocate, please call 843-652-1922. Staff members are available to assist you at all times during your stay and will try to resolve your concern or grievance promptly.

If you wish to contact an outside agency before a Tidelands Health representative, you can contact:

**South Carolina Department of Health and Environmental Control**  
2600 Bull Street  
Columbia, SC  
803-898-3432

**The Carolinas Center for Medical Excellence**  
246 Stoneridge Drive, Suite 200  
Columbia, SC 29210  
803-251-2215 or 1-800-922-3089

Tidelands Health hospitals are accredited by The Joint Commission. If you have any concerns regarding safety or quality of care in a Tidelands Health hospital, you can also contact The Joint Commission.

**The Joint Commission**  
One Renaissance Boulevard  
Oakbrook Terrace, IL 60181  
1-800-994-6610  
complaint@jcaho.org

All facilities owned and operated by Tidelands Health are tobacco-free. As a part of our commitment to the communities we serve, we offer smoking cessation classes and patient education.

**NO SMOKING**  
**IT’S HEALTHY TO BE TOBACCO-FREE**

**GOOD REASONS FOR QUITTING TOBACCO USE:**

- You will live longer and better.
- Quitting will lower your chance of having a heart attack, stroke or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

For more information about smoking cessation classes, please call 843-520-8490 or visit us online at tidelandshealth.org.

Additional resources:
- American Heart Association, 1-800-AHA-USA1
- American Cancer Society, 1-800-ACS-2345
- South Carolina Quitline, 1-800-QUIT NOW
THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

If you have any questions about this notice, please contact Wanda Prevatte at 843-527-7170.

Who Will Follow this Notice
This notice describes Tidelands Health’s practices and that of:

- Any health care professional authorized to enter information into your hospital chart.
- All Tidelands Health employees, staff, personnel, departments, entities and units, including but not limited to Tidelands Waccamaw Community Hospital, Tidelands Georgetown Memorial Hospital, Tidelands Waccamaw Rehabilitation Hospital, NextStep Rehabilitation Services, HealthPoint and all other provider offices of Tidelands Health. All these entities, sites and locations follow the terms of this notice. In addition, these entities, sites and locations may share medical information with one another for treatment, payment or hospital operations purposes described in this notice.
- Any member of a volunteer group we allow to help you while you are in the hospital.

Our Pledge Regarding Medical Information

- We understand that medical information about you and your health is personal. We are committed to protecting medical information about you. We create a record of the care and services you receive at Tidelands Health. We need this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all of the records of your care generated by Tidelands Health, whether made by Tidelands Health personnel or your personal doctor. Your personal doctor may have different policies or notices regarding the doctor’s use and disclosure of your medical information created in the doctor’s office or clinic. This notice will tell you about the ways in which we may use and disclose medical information about you. We also describe your rights and certain obligations we have regarding the use and disclosure of medical information.

We are required by law to:

- make sure that medical information that identifies you is kept private;
- give you this notice of our legal duties and privacy practices with respect to medical information about you; and
- follow the terms of the notice that is currently in effect.

How We May Use and Disclose Medical Information About You

The following categories describe different ways that we use and disclose medical information. For each category of uses or disclosures, we will explain what we mean and try to give some examples. Not every use or disclosure in a category will be listed. However, all of the ways we are permitted to use and disclose information will fall within one of the categories.

For treatment. We may use medical information about you to provide you with medical treatment or services. We may disclose medical information about you to doctors, nurses, technicians, medical students or other Tidelands Health personnel who are involved in taking care of you. For example, a doctor treating you for a broken leg may need to know if you have diabetes, because diabetes may slow the healing process. In addition, the doctor may need to tell the dietitian if you have diabetes so that we can arrange for appropriate meals. Different departments of Tidelands Health also may share medical information about you in order to coordinate the different services you need, such as prescriptions, lab work and X-rays.

For payment. We may use and disclose medical information about you so that the treatment and services you receive at Tidelands Health facilities may be billed to, and payment may be collected from, you, an insurance company or a third party. For example, we may need to give your health plan information about surgery you received so your health plan will pay us or reimburse you for the surgery. We may also tell your health plan about a treatment you are going to receive to obtain prior approval or to determine whether your plan will cover the treatment.
For health care operations. We may use and disclose medical information about you for health care operations. These uses and disclosures are necessary to run Tidelands Health and make sure that all of our patients receive quality care. For example, we may use medical information to review our treatment and services and to evaluate the performance of our staff in caring for you.

Appointment reminders. We may use and disclose medical information to contact you as a reminder that you have an appointment for treatment or medical care at Tidelands Health facilities.

Treatment alternatives. We may use and disclose medical information to tell you about or recommend possible treatment options or alternatives that may be of interest to you.

Health-related benefits and services. We may use and disclose medical information to tell you about health-related benefits or services that may be of interest to you.

Fundraising activities. We may use medical information about you to contact you in an effort to raise money for Tidelands Health and its operations. We may disclose medical information to a foundation related to Tidelands Health so that the foundation may contact you in raising money; however, you have the right to opt out of receiving such fundraising communications. If you do not want Tidelands Health to contact you for fundraising activities, you must notify the Tidelands Health marketing and communications department in writing or follow the opt-out procedures stated in the fundraising communication.

Hospital directory. We may include certain limited information about you in the hospital directory while you are a patient at a Tidelands Health hospital. This information may include your name, location in the hospital, your general condition (good, fair, etc.) and your religious affiliation. The directory information, except for your religious affiliation, may also be released to people who ask for you by name. Your religious affiliation may be given to a member of the clergy, such as a priest or rabbi, even if the clergy member does not ask for you by name. This is so your family, friends and clergy can visit you in the hospital and know, generally, how you are doing.

Individuals involved in your care or payment for your care. We may release medical information about you to a friend or family member who is involved in your medical care. We may also give information to someone who is involved with payment for your care. We may also tell your family or friends your condition and that you are in the hospital. In addition, we may disclose medical information about you to an entity assisting in a disaster relief effort so your family can be notified about your condition, status and location.

Research. Under certain circumstances, we may use and disclose medical information about you for research purposes. For example, a research project may involve comparing the health and recovery of all patients who received one medication to those who received another for the same condition. All research projects, however, are subject to a special approval process. This process evaluates a proposed research project and its use of medical information, trying to balance the research needs with patients’ need for privacy of their medical information.

Before we use or disclose medical information for research, the project will have been approved through this research approval process. But we may, however, disclose medical information about you to people preparing to conduct a research project — for example, to help them look for patients with specific medical needs, so long as the medical information they review does not leave the hospital.

As required by law. We will disclose medical information about you when required to do so by federal, state or local law.

To avert a serious threat to health or safety. We may use and disclose medical information about you when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person. Any disclosure, however, would be only to someone able to help prevent the threat.

Organ and tissue donation. We may release medical information to organizations that handle organ procurement or organ, eye or tissue transplantation or to an organ donation bank, as necessary, to facilitate organ or tissue donation and transplantation.
Military and veterans. If you are a member of the armed forces, we may release medical information about you as required by military command authorities. We may also release medical information about foreign military personnel to the appropriate foreign military authority.

Workers’ compensation. We may release medical information about you for workers’ compensation or similar programs. These programs provide benefits for work-related injuries or illness.

Public health activities. We may disclose medical information about you for public health activities. These activities generally include the following:
• To prevent or control disease, injury or disability;
• To report births and deaths;
• To report child abuse or neglect;
• To report reactions to medications or problems with products;
• To notify people of recalls of products they may be using;
• To notify a person who may have been exposed to a disease or may be at risk for contracting or spreading a disease or condition;
• To notify the appropriate government authority if we believe a patient has been the victim of abuse, neglect or domestic violence. We will make this disclosure only if you agree or when it is required or authorized by law.

Health oversight activities. We may disclose medical information to a health oversight agency for activities authorized by law. These oversight activities include, for example, audits, investigations, inspections and licensure. These activities are necessary for the government to monitor the health care system, government programs and compliance with civil rights laws.

Judicial and administrative proceedings. We may disclose medical information about you in response to a court or administrative order. We may also disclose medical information about you in response to a subpoena, discovery request or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.

Law enforcement. We may release medical information if asked to do so by a law enforcement official:
• In response to a court order, subpoena, warrant, summons or similar process;
• To identify or locate a suspect, fugitive, material witness or missing person;
• About the victim of a crime if, under certain limited circumstances, we are unable to obtain the person’s agreement;
• About a death we believe may be the result of criminal conduct;
• About criminal conduct at the hospital; and
• In emergency circumstances to report a crime; the location of the crime or victims; or the identity, description or location of the person who committed the crime.

Coroners, medical examiners and funeral directors. We may release medical information to a coroner or medical examiner. This may be necessary, for example, to identify a deceased person or determine the cause of death. We may also release medical information about patients of the hospital to funeral directors as necessary.

National security and intelligence activities. We may release medical information about you to authorized federal officials for intelligence, counterintelligence and other national security activities authorized by law.

Protective services for the president and others. We may disclose medical information about you to authorized federal officials so they may provide protection to the president, other authorized persons or foreign heads of state or conduct special investigations.
Lewis Blackman Patient Safety Act
All patients at Tidelands Health have the right to voice concerns about their care with an administrative representative and/or their attending physician or a physician designee, 24 hours a day, seven days a week.

Your nurse will call your physician or the physician’s designee if you request that he or she be contacted about your medical care. If you wish to speak to your physician or physician’s designee, your nurse will provide the phone number and assist you in placing the call.

Your health care team
In addition to your attending physician, who is the coordinator of your treatment and care plan, and our professional nursing staff, other important team members may participate in your care or offer support. Among these are professionals from laboratory, diagnostic imaging, cardiopulmonary, case management, pharmacy and nutrition services. Occasionally, supervised medical and nursing students may observe patient care and treatment and may interact with patients. Each hospital and clinical staff member must wear a badge stating name, department and job or trainee title. All clinical trainees, medical students, interns and resident physicians are identified as such on their badges.

For additional information, please review the patient rights and responsibilities included in this patient guide.

To prevent health care errors, patients at Tidelands Health are encouraged to SPEAK UP if they have questions or concerns (see Page 1 of your patient guide). In the event of a medical emergency outside of the hospital, call 911.

Section 504 Notice of Program Accessibility
The regulation implementing Section 504 requires that an agency/facility “… adopt and implement procedures to ensure that interested persons, including persons with impaired vision or hearing, can obtain information as to the existence and location of services, activities and facilities that are accessible to and usable by disabled persons.” (45 C.F.R. §84.22 (f))

Tidelands Health and all of its programs and activities are accessible to, and usable by, disabled persons, including persons who are deaf, hard of hearing or blind or who have other sensory impairments. Access features include:

• Convenient off-street parking designated specifically for disabled persons
• Curb cuts and ramps between parking areas and buildings
• Level access into the first floor with elevator access to all other floors
• Fully accessible offices, meeting rooms, bathrooms, public waiting areas, cafeteria and patient treatment areas, including exam rooms and patient wards
• A full range of assistive and communication aids provided to persons who are deaf, hard of hearing or blind, or who have other sensory impairments. There is no additional charge for such aids.

Some of these aids include:
• Qualified sign language interpreters for persons who are deaf or hard of hearing
• A 24-hour telecommunication device (TTY/TDD) that can connect the caller to all extensions within the facility and/or portable (TTY/TDD) units for use by persons who are deaf, hard of hearing or speech impaired
• Readers and taped material for the blind and large-print materials for the visually impaired
• Flash cards, alphabet boards and other communication boards
• Assistive devices for persons with impaired manual skills

If you require any of the aids listed above, please inform the receptionist or your nurse.
Advance directives
The best way to make sure your wishes as a patient are known is to complete and sign a health care power of attorney and a living will. These legal documents let others know your wishes about the type of care you want when you are unable to communicate. If you have specific questions about signing a health care power of attorney or a living will, you should discuss them with your doctor, clergy member and/or attorney.

It is important to make multiple copies of your completed, signed and witnessed advance directive and health care power of attorney forms. Make sure other family members know where these documents are kept and have copies or access to these documents. If you come to the hospital, you will be asked to provide a copy that will become part of your medical record. If your documents are changed, submit new ones to the hospital.

Health care power of attorney
This legal document allows a patient to appoint an agent to make health care decisions when the patient is unable to do so independently. This document is only in effect if the patient is unable to make his or her own decisions; otherwise the patient is always the decision-maker.

Living will
A living will expresses the patient’s wishes regarding the use of life-sustaining treatment if the patient is unable to speak for himself. This document often outlines the wishes of the patient regarding organ donation, nutrition and hydration.

IF YOU HAVE ADDITIONAL QUESTIONS OR NEED ASSISTANCE OBTAINING APPROPRIATE FORMS, PLEASE CONTACT:

Tidelands Waccamaw Community Hospital
Case management ...........................................................................................................................................843-652-1130
Patient advocate ...........................................................................................................................................843-652-1922
Nursing supervisor ...........................................................................................................................................843-652-1802

Tidelands Georgetown Memorial Hospital
Case management ...........................................................................................................................................843-527-7448
Nursing supervisor ...........................................................................................................................................843-520-8002

To aid in the coordination of your health care, Tidelands Health will store a copy of these completed documents for you. Please contact the health information management department to complete this process.
Many medications can be affected by the food and beverages you consume. On the next two pages, you will find information about a few of the medications commonly prescribed at Tidelands Health hospitals, the vitamin-rich foods that can interact with some medications and ingredients like salt and potassium that should be avoided when taking certain medications. If you have questions about possible interactions with medications that you are prescribed, please talk with your physician, nurse, pharmacist or dietitian.

### Foods high in vitamin \( K \)
- Beef, chicken or pork liver
- Mustard greens
- Broccoli
- Collard greens
- Cabbage
- Green tea
- Soybean oil
- Cauliflower
- Kale
- Spinach
- Chick peas
- Lentils
- Turnip greens

### Foods high in potassium
- Apricots
- Lima beans
- Potatoes
- Avocados
- Milk
- Prunes
- Bananas
- Mushrooms
- Pumpkin
- Cantaloupe
- Oranges
- Raisins
- Chocolate
- Papaya
- Rhubarb
- Honeydew
- Peaches
- Salt substitute
- Leafy greens
- Peanuts
- Sweet potatoes
- Lentils
- Peanut butter
- Tomatoes

### Use of herbals and supplements
Herbals and supplements are not regulated by the Food and Drug Administration and are not used at Tidelands Health hospitals. We recommend that you inform your nurse if you use herbal products at home. Some herbals may interact with medications you have been prescribed. Please discuss the use of any supplements and herbal products with your physician and pharmacist.

Examples of herbal products include, but are not limited to, St. John’s Wort, vitamins, fish oil and cranberry.

**WE ENCOURAGE YOU TO STAY UPDATED ABOUT THE CHANGING RESEARCH ON HERBALS AND HEALTH. INFORMATION MAY BE FOUND AT:**


Or you can call the National Institutes of Health at 1-888-644-6226 to get answers to basic herbal/supplement questions.

If you are unable to access these resources, our Tidelands Health dietitians are available to discuss herbal, medication and food interactions with you.

**Tidelands Waccamaw Community Hospital** .................................................................................... 843-652-1240

**Tidelands Georgetown Memorial Hospital** ....................................................................................... 843-527-7128
## Important drug information

<table>
<thead>
<tr>
<th>Medication type</th>
<th>Brand name (generic)</th>
<th>Comments</th>
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<tbody>
<tr>
<td><strong>Antibiotics</strong></td>
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<tr>
<td></td>
<td>Minocin (Minocycline)</td>
<td>Avoid the following foods, supplements, and medicines within two hours of taking these medications: Dairy products, calcium supplements and antacids, magnesium-containing laxatives, iron supplements.</td>
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<tr>
<td></td>
<td>Tetracycline</td>
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<td>Vibramycin (Doxycline)</td>
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<td></td>
<td>Cipro (Ciprofloxacyn)</td>
<td>Administer two hours before or six hours after products containing calcium, iron, zinc, magnesium, aluminum, or antacids.</td>
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<td></td>
<td>Levuquin (Levofoxacin)</td>
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<tr>
<td><strong>Blood thinners</strong></td>
<td>Coumadin (Warfarin)</td>
<td>This medicine is used to prevent blood clots. It works best if your diet has consistent Vitamin K (see list on back for foods rich in Vitamin K). Do not use alcohol or herbal teas, and limit intake of cranberries and cranberry juice while you are on this medication. Warfarin interacts with many medications, so it is important to discuss the use of all other medications with your physician or pharmacist. These interactions may put you at an increased risk for clotting or bleeding depending on the medication. For menu ideas, visit coumadincookbook.com.</td>
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<td><strong>MAO inhibitors</strong></td>
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<td></td>
<td>Azlect (Rasagiline)</td>
<td>These agents are commonly used to treat depression, migraine, Alzheimer’s disease, and Parkinson’s disease. Be careful when switching to other agents to treat your condition (e.g., SSRIs); follow all directions from your physician and/or pharmacist. A strict diet is necessary to avoid dangerously elevated blood pressure. Coffee, cola and other caffeinated beverages should be limited to a total of 16 oz. per day. Alcohol intake should not exceed 12 oz. domestic, canned or alcohol-free beer OR 4 oz. of red or white wine per day. Avoid fermented vegetables such as sauerkraut; overripe fruits, soy sauce and yeast extracts. Avoid all aged and mature cheese such as muenster and feta; the only cheeses that are okay are cottage cheese, cream cheese, ricotta, part-skim mozzarella and processed cheeses like American. Do not eat improperly stored meats, fish and poultry, air-dried sausages such as pepperoni, salami and pastrami. Products should be eaten when at their freshest. Continue restrictions for two weeks after stopping medications.</td>
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<tr>
<td><strong>Antidepressants</strong></td>
<td>Eldepryl (Selegiline)</td>
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<td></td>
<td>Nardil (Phenelzine)</td>
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<td></td>
<td>Parnate (Tranylcypromine)</td>
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<td></td>
<td>Zyvox (Linezolid)</td>
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<td><strong>Blood pressure agents</strong></td>
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<td>Avoid foods high in salt. Maintain a consistent potassium intake unless your physician has told you otherwise (see list on previous page for foods rich in potassium).</td>
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<tr>
<td><strong>Diuretics</strong></td>
<td>Bumex (Bumetanide)</td>
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<td></td>
<td>Diuril (Chlorothiazide)</td>
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<td>HCTZ (Hydrochlorothiazide)</td>
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<td>Demadex (Torsemide)</td>
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<tr>
<td></td>
<td>Chlorthalidone</td>
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<tr>
<td></td>
<td>Lasix (Furosemide)</td>
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<tr>
<td><strong>ACE inhibitors</strong></td>
<td>Aldactone (Spironolactone)</td>
<td>Avoid foods high in salt (see list on previous page for foods rich in salt). Avoid large quantities of high potassium foods. Avoid salt substitutes containing potassium.</td>
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<tr>
<td></td>
<td>Maxzide (Tranamerene/HCTZ)</td>
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<tr>
<td></td>
<td>Accupril (Quinapril)</td>
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<tr>
<td></td>
<td>Altace (Ramipril)</td>
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<tr>
<td></td>
<td>Capoten (Captopril)</td>
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<td></td>
<td>Lotesin (Benazepril)</td>
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<tr>
<td></td>
<td>Monapril (Fosinopril)</td>
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<tr>
<td></td>
<td>Univasc (Moexapril)</td>
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<tr>
<td></td>
<td>Vascoc (Enalapril)</td>
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<tr>
<td></td>
<td>Zestril/Prinivil (Lisinopril)</td>
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<tr>
<td><strong>Calcium channel blockers</strong></td>
<td></td>
<td>Avoid grapefruit juice/grapefruit while taking these medications. Limit foods high in salt. Do not take calcium supplement within three hours of taking these medications.</td>
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<tr>
<td></td>
<td>Calan/Verelan (Verapamil)</td>
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<tr>
<td></td>
<td>Cordizem (Diltiazem)</td>
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<td></td>
<td>Norvasc (Amlodipine)</td>
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<tr>
<td></td>
<td>Plendil (Felodipine)</td>
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<tr>
<td></td>
<td>Procardia (Nifedipine)</td>
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<tr>
<td><strong>Diabetic agents</strong></td>
<td>Oral</td>
<td>Take these medicines and your meals on the same schedule each day. Do not skip meals. Check blood glucose as instructed by your physician. Keep a log of blood glucose values throughout the day.</td>
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<tr>
<td></td>
<td>Actos (Pioglitazone)</td>
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<td></td>
<td>Amaryl (Glimeperide)</td>
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<td></td>
<td>Diabeta (Glyburide)</td>
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<td></td>
<td>Glucophage (Metformin)</td>
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<tr>
<td></td>
<td>Glucotrol (Glipizide)</td>
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<td></td>
<td>Januvia (Sitagliptin)</td>
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<tr>
<td></td>
<td>Prandin (Repaglinide)</td>
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<tr>
<td></td>
<td>Precose (Acarbose)</td>
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<td></td>
<td>Starlix (Nateglinide)</td>
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<td><strong>Insulins</strong></td>
<td>Apidra (GluLisine)</td>
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<td></td>
<td>Humalog</td>
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<td></td>
<td>Humulin / Novolin</td>
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<tr>
<td></td>
<td>Lantus (Gliargine)</td>
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<tr>
<td></td>
<td>Levevir (Detemir)</td>
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<td></td>
<td>Novolog (Aspart)</td>
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<td>Lantus (Glarine)</td>
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<td>Levemir (Detemir)</td>
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<td>Novolog (Aspart)</td>
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<td>Humulin / Novolin</td>
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<tr>
<td></td>
<td>Novolog (Aspart)</td>
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</tbody>
</table>

If your blood sugar is below 70+, drink half a cup of juice; take 3-4 glucose tablets; OR take 6-8 hard candies and check your sugar again in 15 minutes. If blood glucose is still less than 70, repeat the process. Once blood glucose is greater than 70, eat a snack or light meal. Insulin is available as short acting (Regular), rapid acting (ex. Novolog), intermediate acting (NPH), and long acting (ex. Levemir). Shorter acting insulin is typically used with meals and at other times as a correctional dose. Longer acting insulin is used once a day to keep basal glucose levels lower. Insulin also comes premixed (50/50, 75/25, 70/30). You should know which type of insulin you use and how to take it properly. Keep a log of insulin administration throughout the day. Include your blood glucose at that time and the number of units used. Bring the log with you to each physician visit.
Clean your hands using soap and warm water. Rub your hands really well for at least 15 seconds. Rub your palms, fingernails, in between your fingers and the backs of your hands. Wash your hands with soap and water or use hand sanitizer often. Ask health care workers and your visitors to do the same.

Health care providers should wear clean gloves when they perform tasks such as taking throat cultures, drawing blood, touching wounds or body fluids and examining your mouth or private parts. Don’t be afraid to ask them if they should wear gloves.

Cover your mouth and nose to prevent the spread of germs through sneezes or coughs. Be sure to throw away used tissues and clean your hands after coughing or sneezing. If you don’t have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, wash them right away.

If you are sick, avoid close contact with others. Don’t shake hands or touch others.

Get shots to avoid disease and fight the spread of infections. Make sure that your vaccinations are current. Check with you doctor about shots you may need.

Patients of all ages are at risk for falls. Here are some simple guidelines to help keep you safe.

• When you need assistance, use the call light by your bed or in the bathroom and wait for help to arrive.

• Remain lying or seated while waiting for assistance. Please be patient. Your call will be answered as soon as possible.

• Always ask for assistance if you feel dizzy or weak.

• If you are a rehabilitation patient who has been practicing walking with therapy staff, do not attempt to get up without assistance.

• Walk slowly and carefully when out of bed. Do not support yourself on objects with wheels such as an IV pole or a bedside table.

If you have been identified as having a greater likelihood of falling, a “Falling Star” magnet will be placed on your patient room door frame so all hospital personnel will know to take extra precautions in your care.

Preventing falls

5 things you can do to prevent infection

1. Clean your hands using soap and warm water. Rub your hands really well for at least 15 seconds. Rub your palms, fingernails, in between your fingers and the backs of your hands. Wash your hands with soap and water or use hand sanitizer often. Ask health care workers and your visitors to do the same.

2. Health care providers should wear clean gloves when they perform tasks such as taking throat cultures, drawing blood, touching wounds or body fluids and examining your mouth or private parts. Don’t be afraid to ask them if they should wear gloves.

3. Cover your mouth and nose to prevent the spread of germs through sneezes or coughs. Be sure to throw away used tissues and clean your hands after coughing or sneezing. If you don’t have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, wash them right away.

4. If you are sick, avoid close contact with others. Don’t shake hands or touch others.

5. Get shots to avoid disease and fight the spread of infections. Make sure that your vaccinations are current. Check with you doctor about shots you may need.
What you need to know about your medicine

- Always take your medications as your physician has prescribed. Read all label directions.
- Always check what over-the-counter medications you can and cannot take with your prescription medication.
- Avoid alcoholic beverages while on any medication until you have discussed possible interactions with your provider.

At home
- Take only the medicine given to you by your doctor or pharmacist. Do not share other people’s medicine.
- Each time you take your medicine, read the label to make sure you are taking it correctly. If you have any questions, call your doctor or pharmacist.
- Never take medicine in the dark.
- Do not stop taking the medicine just because you feel better unless your doctor tells you to stop taking it.
- Do not take your medicine out of one bottle and put it into another one.
- Put all of your medicine in a place where children and pets cannot reach it.
- Keep your universal medication form updated.
- If you take medicine each day, using a compartmental medication box may be helpful.
- Do not keep medicine in the car, by the stove or in the bathroom, since heat and dampness can affect how it works.
- Check the date on all medicine. Do not use medicine that has passed its expiration date.
- If you believe that any medicine is making you sick or causing you pain, call your doctor right away.

In the hospital
- When you are admitted to the hospital, take your updated universal medication form, or bring all of your medicines in the original bottles. Include over-the-counter medicines, vitamins, and herbals.
- Tell your doctor or nurse about any allergies or reactions you have had to medicine in the past. Also, write these on your universal medication form.
- If you believe that any medicine is making you sick or causing you pain, tell the doctor or nurse right away.
- When you are being sent home from the hospital, ask your doctor or nurse to clearly tell you what medicines you should be taking and how to take them. You will be given an updated universal medication form before you leave the hospital.

At the pharmacy
- Take new medicine prescriptions and refills to the same pharmacy so the pharmacist then has a list of your medicines. He or she can make sure all of the medicine works together and will not make you sick.
- If you use more than one pharmacy, make sure each one has a list of all your medicines.
- Ask the pharmacist the name of the medicine and how you should take it. Make sure that this information matches what your doctor told you.
- Make sure that any refill of the medicine is the same color, size and shape. If there is any difference, ask why.
- If you have ANY questions about your medicine, ask your pharmacist.

At the doctor’s office
- Always take your updated universal medication form. This will tell your doctor everything you are taking, including prescription medicines, over-the-counter medicines and herbals.
- Tell your doctor about any allergies or reactions that you have had to medicine in the past.
What I need to know about each medicine I take
• What is the name of each medicine?
• What is its purpose?
• What time should I take it?
• How much of it should I take each time?
• How should I take it?
• Should I take it with food?
• How long should I take it?
• What should I do if I miss a dose?
• How should I properly store this medicine?

Some prescription medications have side effects. For more information regarding side effects, please ask your nurse.

• Are there any side effects? What should I do if I have any?
• Is it safe to take with other medicine that I am taking, including over-the-counter medicine, vitamins or herbals?
• What food, drink or activities should I avoid while taking it?

Taking an active role in your care can help prevent medication errors. Maintain your personal universal medication form and keep it in your wallet/purse for easy access. Remember that your doctor, nurse and pharmacist are there to answer your questions.

Need help with the cost of your medications?
Many pharmaceutical companies offer medication assistance programs to individuals and families who need help with expensive medications associated with hospitalizations and ongoing therapies. Tidelands Health can assist patients who may benefit from medication assistance programs. Your application to the program will be completed on your behalf and submitted to the appropriate manufacturer. You may be asked to provide documentation of lack of medical coverage or inability to pay. This information will be kept confidential as required by law.

Tidelands Health will be notified of your acceptance in a medication assistance program and will notify you. If you have questions or think you may qualify for medication assistance, please call 281-749-4560.

Please record any questions, comments, instructions or follow-up discussion you believe may be necessary regarding your medications.
Hospital financial policy

To help ensure that our hospital has financial stability and can continue to provide medical services to the community and region, the following policies shall be enforced.

Payment responsibility
The patient or legal representative is ultimately responsible for all charges incurred.

Emergency or urgent services/non-discrimination of services
Medical services will be provided regardless of the patient’s ability to pay; however, the credit policies will be enforced after emergency or urgent services have been rendered.

Assignment of benefits
Tidelands Health will bill insurance plans as a courtesy if the patient provides the required insurance information and signs an assignment of benefits statement.

Partial insurance coverage
Patients with insurance policies that cover only a portion of the hospital services must pay the difference between the hospital charges and the anticipated insurance payment. This payment may be requested and is due at the time of discharge or services. A pre-service deposit may be required.

Uninsured patients/non-covered services
Payments for all charges that are not covered by insurance are due and payable at the time of services or discharge. A pre-service deposit may be required.

Pre-service deposits
Patients may be requested or required to make payment of the anticipated charges for scheduled, outpatient services.

In-house collections
The patient or guarantor may be contacted and requested to make interim payments and/or payment.

Verification of personal information
All information given regarding the ability to pay, third-party insurance, employment, etc., will be subject to verification.

Third-party litigation
The hospital will not become involved in disputes arising from third-party claims (i.e. automobile accidents, liability claims, etc.) with the exception of verified workers’ compensation claims or claims involving Medicare or medical assistance.

Payment arrangements
If a patient is unable to make full payment of the patient balance when due, periodic partial payments may be approved in accordance with credit and collection procedures as authorized by the business office manager. A patient financial statement may be requested to determine appropriate payment.

Payment methods
The following payment methods will be accepted: cash, check, money order or credit card.

Referral for outside collection
Accounts that cannot be collected by the hospitals after normal in-house collection procedures may be referred to a collection agency, magistrate or attorney per the hospital’s established guidelines.

Legal action
If deemed appropriate by the chief financial officer or delegated representative, the hospital may take legal action against personal property to collect balance owed.

Third-party audits
The hospital recognizes the need for audits of insurance claims by insurance companies or their contracted audit firms. The hospital will cooperate in making available required information as outlined in the third-party audit guidelines.

Charity allowances
If a patient is determined to be financially indigent, the hospital will review the accounts for a charity allowance.

Refund
Overpayments will be refunded to the appropriate party, normally the insurance company or guarantor. Patients’ refunds will not be processed until all past due accounts are paid in full. Refunds of less than $2 will not be issued unless specifically requested or approved by the business office manager.
Because our goal is for you to have the best patient experience possible, we want to be sure you know the many steps that must occur before you can leave the hospital. When the doctor says, “You can go now,” he or she actually means, “You can go as soon as we are confident you have all of the information you need to have a safe transition out of the hospital.” If you believe you are not ready to go home or may need help when you get home, speak with your nurse.

I understand that:

• I need to talk with doctors, nurses or other hospital staff about help I will need when I leave the hospital.

• I need to obtain information in writing about what symptoms or health problems to look out for after I leave the hospital.

• My doctor will need to complete his or her documentation in my medical record.

• My lab tests or radiology tests will need to be completed.

• My patient education will need to be completed.

• All physicians who have cared for me will need to be contacted and agree to my discharge.

• My follow-up appointments will need to be arranged.

• My nurse will need to review all of my medications to inform me what the medicines are, their potential side effects and to arrange prescriptions if necessary.

• New prescriptions can be filled at the Family Pharmacy. (Family Pharmacy is open Monday-Friday 9 a.m.-5 p.m.)

• My nurse will review my “discharge instructions” with me before I leave the hospital, and I will receive a copy to take home.

• I need to gather my personal belongings such as home medications, valuables, glasses, dentures, hearing aids and other items that belong to me.

Taking care of these matters will help you stay on the road to recovery. Please be sure to take this guide with you, because it has important instructions on how to care for yourself at home.
Before you leave the hospital, the following tasks should be completed:

- I have talked with doctors, nurses or staff about help I will need after I leave.
- I understand what symptoms I need to watch out for and whom to call if I notice any of the symptoms.
- I have been involved in decisions about what will take place after I leave.
- I understand where I am going after I leave.
- I understand what my medications are, how to obtain them and how to take them.
- I have new prescriptions that I requested be filled by the Family Pharmacy.
- I understand the potential side effects of my medications and whom I should call if I experience the side effects.
- My family or someone close to me knows that I am being discharged and what I will need once I leave the hospital.
- If I am going directly home, I have a follow-up appointment with my doctor, and I have transportation to this appointment.

Thank you for letting us care for you. After your discharge, you may receive a survey asking for your opinions about the care you received. Please complete and return the survey. Your comments will help us to recognize staff members who have provided outstanding service and care, as well as make improvements to anything that did not meet your expectations.

A Family Pharmacy is located inside Tidelands Waccamaw Community Hospital and Tidelands Georgetown Memorial Hospital and can be used to fill prescriptions when you are being discharged to home.

- Refills can be transferred to your pharmacy of choice.
- Family Pharmacy accepts most insurance plans for your same co-pay. Cash, MasterCard or Visa accepted.
- Patients, friends or family members may pick up prescriptions for you.

**Family Pharmacy**

**Monday - Friday**

9 a.m.-5 p.m.

**Tidelands Waccamaw Community Hospital**

Located on the third floor at the end of the back hallway

843-652-1545

**Tidelands Georgetown Memorial Hospital**

Located on the second floor at the end of middle hallway

843-520-8550
Case management
Case managers can provide information about resources you may need after your hospital stay. As a vital part of your care team, your case manager will help guide you through the discharge planning process.

Discharge planning
• Your discharge plan will begin on the first day of your admission. We will monitor your progress as your condition changes to help to ensure your discharge plan is appropriate.
• Your case manager will review your health care record and treatment plan and will communicate with your physician and insurance company. Our goal is to facilitate a smooth and timely transition from the hospital to your home or, if necessary, to another health facility.
• Your case manager can link you and your family to services that enhance your functioning at home and in the community. Your case manager can also make referrals for patient assistance with finances, legal issues, entitlement programs and other resources.
• Case management provides eligibility screening for clinic services for uninsured adults who need ongoing medical care.

Resources
Below is a list of the types of resources your case manager can help you contact.
• Referrals to public assistance programs (i.e. Medicaid, SSI, SSD, local welfare)
• Referrals to community agencies such as Tidelands Community Care Network, Meals on Wheels, support groups, self-help groups and others
• Skilled nursing facilities (short- and long-term care), rehabilitation centers
• Ambulance transportation to rehabilitation facilities, home, etc. can be provided, when medically necessary.

Your care team will try to make the best possible recommendation for continued care when you leave the hospital. The medical orders given by your doctor, the services covered by your health insurance and federal and state government regulations play a role in planning for your care. In some cases, these factors may limit the options we may pursue on your behalf. Please contact case management if you have any questions or concerns.

TIDELANDS WACCAMAW COMMUNITY HOSPITAL 843-652-1130
TIDELANDS GEORGETOWN MEMORIAL HOSPITAL 843-527-7448
American Cancer Society .............................................. 1-800-ACS-2345 (or 1-866-228-4327 for *TTY)
American Diabetes Association ........................................ 1-800-DIABETE (1-800-342-2383)
American Heart Association ........................................... 1-800-AHA-USA-1 or 1-800-242-8721
American Lung Association ............................................. 1-800-548-8252
American Stroke Association ......................................... 1-888-4-STROKE or 1-888-478-7653
Childhelp National Child Abuse Hotline .......................... 1-800-4-A-CHILD or 1-800-422-4453
Malignant Hyperthermia Hotline .................................... 1-800-644-9737
National Domestic Violence Hotline ............................... 1-800-799-SAFE (7233)
 or 1-800-787-3224 (*TTY only)
National Alcohol and Substance Abuse Center ............... 1-800-784-6776
Poison Center ................................................................. 1-800-222-1222
Suicide and Crisis Hotlines .......................................... 1-800-SUICIDE or 1-800-784-2433
  1-800-273-TALK or 1-800-273-8255
  1-800-799-4TTY (4889) – for *TTY only

*TTY – Text Telephone or Teletypewriter. It is sometimes called a TDD, or Telecommunication Device for the Deaf.
Scheduled appointments and notes
Better health begins here.

P.O. Box 421718
Georgetown, SC 29440
tidelandshealth.org