



Your active participation in health care is important for your safety.

We encourage you to ask questions and clarify what you don't understand. We are glad to help!

Team Rounds (IDT)

On Monday and Thursday mornings a team will meet in your room to discuss plans for going home. They will talk about the goals you need to meet, and anything you might need at home. Your family and/or friends are welcome to sit in.

Will your family need a place to stay?

MainStay Suites
1000 3rd St NW
Sidney
2 blocks from the hospital
Discounts given for people with a medical related stay.
Ask for the hospital discount.

OTHER OPTIONS:

Best Western: 406-433-4560
Holiday Inn: 406-478-0663
Microtel: 406-626-3556
Candlewood: 406-482-9692
Wingate: 406-205-0510



Planning a stay at our hospital?



Here are some tips for what to bring along and what to expect



WILL YOU STAY JUST FOR THE DAY?

Here are some typical items we ask that you to bring

- **Your current medications including over-the-counter** - You will be asked about your medications several times by different personnel the day of your procedure. We do this to keep you safe. Keeping an accurate, up-to-date list handy can be helpful
- **Your insurance card and a picture ID** or driver's license
- **A copy of your Advance Directive** (living will or durable power of attorney), if you have one
- **List of allergies** to medications, food or latex
- **List of reactions to anesthesia** or to a blood transfusion, previous illnesses and surgeries, or anything that might put you at risk during the hospital stay
- **Someone to drive** you home

Please only bring essential items to the hospital and leave jewelry, keys, watches, extra cash and other valuables at home

Please do not bring weapons or tobacco

Weapons are not allowed in our facilities or on our grounds
Tobacco, e-cigarettes, alcohol, marijuana or recreational drug use is not allowed throughout our facility

WILL YOU STAY OVER NIGHT?

In addition to the previous page, here are some other recommended items

- Toiletries and personal hygiene items like deodorant and special needs products like denture cream
- Soap, skin care products, toothpaste, toothbrush and hair care products if you prefer your own
- Hairbrush or comb
- Comfortable, loose fitting pajamas or clothes
- Light robe for modesty
- Extra socks and underwear
- Slippers with rubber soles (to prevent slipping)
We can supply these if you don't have non-slip slippers
- Outfit to wear home (something loose is best, also make sure it won't rub on your incision)
- Vision, hearing, dental or breathing aids, such as glasses, contact lenses, dentures or a C-PAP machine, along with their storage cases. Check with your doctor if any of them should not be worn during your procedure
- Your cane or walker if you currently use one
- Earplugs if you are a light sleeper
- Eye mask for sleeping
- Your favorite pillow
- Entertainment such as books, puzzles, or magazines
- Personal electronics such as laptop, tablet, phone, ear buds and headphones, including the charging cords.

WHAT TO EXPECT IF YOU ARE HERE OVERNIGHT

Nurses will do a hand off report in your room starting at 6:45 for each shift. They will discuss your care, progress and what is anticipated. You are welcome to ask questions at this time.

We have no set visiting hours (when not in a pandemic surge). We monitor visitors so they do not interfere in your rest or the healing atmosphere for other patients.

Meals are arranged each day to your preference, depending on your diet precautions. If your family is visiting during a meal time, we supply food for one person at each meal time your family is in attendance. We encourage them to eat with you.

Pets may visit patients who will have a long stay, at the discretion of the nurse, and with proper veterinary documentation.

Going home: After your doctor says you can go home, there may be a delay of up to five hours as we complete paperwork and do a safety check on your medication list. Your social worker will ensure that any services you need are arranged. Please check with your nurse for an estimated time you will be able to leave and plan to have someone drive you home. We encourage your home caregiver to listen in on your home care instructions.