About NewYork-Presbyterian Hospital
www.nyp.org

NewYork-Presbyterian Hospital, based in New York City, is the nation’s largest not-for-profit, non-sectarian hospital, with 2,298 beds. The Hospital has nearly 118,000 discharges and sees over 1.7 million outpatient visits every year, including more than 230,000 visits to its emergency departments. NewYork-Presbyterian provides state-of-the-art inpatient, ambulatory, and preventive care in all areas of medicine at five major centers: NewYork-Presbyterian Hospital/Weill Cornell Medical Center, including the Phillips and David Komansky Center for Children’s Health; NewYork-Presbyterian Hospital/Columbia University Medical Center; NewYork-Presbyterian/Morgan Stanley Children’s Hospital; NewYork-Presbyterian/The Allen Hospital; and NewYork-Presbyterian Hospital/Westchester Division.

One of the largest and most comprehensive health care institutions in the world, NewYork-Presbyterian Hospital is committed to excellence in patient care, research, education, and community service. NewYork-Presbyterian is the #1 hospital in the New York metropolitan area and is consistently ranked among the best academic medical institutions in the nation, according to U.S. News & World Report. The Hospital has academic affiliations with two of the nation’s leading medical colleges: Weill Cornell Medical College and Columbia University College of Physicians and Surgeons.

NewYork-Presbyterian

Maternity Services

Patient and Visitor Guide

During Your Stay

Important Phone Numbers

Admitting Department (212) 932-5079
General Information (212) 932-4000
Labor and Delivery Suite (212) 932-4142
Medical Records  (212) 932-4545
Newborn Nursery (212) 932-4147
Patient Information (212) 932-4000
Patient Services Administration (212) 932-4321
Postpartum Unit (212) 932-4143
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One of the largest and most comprehensive health care institutions in the world, NewYork-Presbyterian Hospital is committed to excellence in patient care, research, education, and community service.
Welcome to NewYork-Presbyterian/The Allen Hospital. Here you will find a staff dedicated to always providing the highest quality, most compassionate obstetrical, maternal-fetal, and neonatal care and service to each and every one of our patients and their families in a warm and friendly environment.

To help you and your family while you are here in the Hospital, we have developed this During Your Stay Guide. It includes information about services and amenities that are available to make you as comfortable as possible. It also provides important information about your health care team and what you and your family need to know to prepare for going home. We want you to be an active participant in your own care, and you will find that our staff members encourage you to ask questions and share with them any concerns that you or your family might have.

The birth of your child will be one of the most important experiences of your life, and we are delighted that you have selected our Hospital to care for you and your baby. We are one of the most comprehensive academic medical centers in the world, with leading specialists in virtually every field of medicine. We are very proud of the outstanding care we provide to patients and families. Most importantly, we are proud of our staff’s commitment to taking great care of you, your baby, and your family.

At NewYork-Presbyterian, We Put Patients First. So if you have any questions or if there is anything we can do to ease your stay, don’t hesitate to talk to your doctor or any member of your care team.

Thank you for the privilege of caring for you.

Very truly yours,

Steven J. Corwin, M.D.
Chief Executive Officer
NewYork-Presbyterian Hospital
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FOR YOUR CARE

Family-Centered Care
NewYork-Presbyterian Hospital strongly supports the active participation of family in the care of the newborn. We encourage you to keep your baby at your bedside throughout the day and night. If you feel the need to rest, we can care for your infant in the nursery. We are committed to keeping you well-informed and educated about your baby's care and needs and offer many resources and support groups for families.

Your Care Team
During your stay at The Allen Hospital, you will meet health care professionals who work together to plan your care. They make up your health care team. You and your family are also an important part of the care team. We encourage you to speak up and let your needs and concerns be known. As an academic medical center, NewYork-Presbyterian trains new physicians and serves as a site for the teaching of medical and health professional students. These individuals may participate in aspects of your care under close supervision of appropriate Hospital and medical staff.

Doctors
There may be many doctors involved in your care and the care of your newborn. In addition to your attending obstetrician, who is often your personal obstetrician or the doctor who admitted you, you may be seen by other medical or surgical specialists, as well as fellows or residents. A fellow is a doctor pursuing further training in his or her subspecialty. A resident is a doctor who has completed medical school and is enrolled in a residency training program in a particular specialty. Residents are also referred to as housestaff and work under the careful supervision of attending doctors. Your newborn will be examined and followed by a pediatrician throughout the Hospital stay.

The Doctors caring for me and my baby are: ________________________________________________

Nurses
Nursing staff is constantly present on all of our obstetrics units, including the Labor and Delivery Unit, the Antepartum and Postpartum Units, the Nursery, and the Neonatal Intensive Care Unit (NICU). Each of the nurses caring for you and your baby has received extensive, specialized education in the birthing process, including high risk and routine pregnancies and deliveries, as well as postpartum and newborn care. If you are hospitalized prior to delivery, these nurses will monitor you and your unborn baby using advanced maternal and fetal monitoring technologies. The nurses strive to provide a sensitive, safe, and healing environment that promotes comfort, respect, and privacy for you and your baby. Before you go home, the nurses will teach you how to care for your newborn, assist you in adjusting to parenthood, and provide information about your baby's physical needs and developmental changes.

My Nurses are: ________________________________________________________________________
Certified Nurse Midwives
Certified Nurse Midwives have completed both nursing and midwifery training and have passed national and state licensing exams to become certified. They perform physical exams, can order laboratory and diagnostic tests, and participate in every aspect of labor, delivery, and follow-up care in normal pregnancies.

My Certified Nurse Midwife is: _______________________________________________________________

Care Coordinators
Care coordinators are registered nurses who are responsible for seeing that your doctors’ orders are carried out in a timely manner. The care coordinator may ask you questions about your care and your medical insurance so that you can receive the appropriate benefits covered under any applicable policy.

My Care Coordinator is: _____________________________________________________________________

Unit Clerks
Unit clerks greet patients and visitors as they arrive on the unit, answer phones, respond to call bells, and schedule tests. They are available to answer your questions and direct you within the unit. If the unit clerk does not know the answer, he or she is responsible for finding the appropriate person on the unit who can help you.

My Unit Clerk is: _____________________________________________________________________
**Lactation Consultants**
Lactation consultants are available to help mothers learn techniques for breastfeeding their babies and increasing their milk supply.

My Lactation Consultant is: ____________________________________________________________

**Social Workers**
Social workers help you and your family manage your Hospital stay and plan for your return home. The social worker can address the emotional issues that come with being in a hospital, provide patient and family counseling, coordinate discharge planning, and offer information about support groups.

My Social Worker is: _________________________________________________________________

**Dietitians**
Registered dietitians are also professional members of the health care team. They are responsible for planning your dietary and nutritional needs during your Hospital stay according to your doctor’s orders. If you require a special diet, your dietitian provides you with information and teaches you how to follow the diet before you go home.

My Dietitian is: ______________________________________________________________________

**Nutrition Hosts**
Nutrition hosts take your daily meal orders and deliver your meals to your room.

My Nutrition Host is: __________________________________________________________________

**Environmental Services Workers (Housekeepers)**
Environmental services workers are responsible for providing a clean and safe environment for patients and staff, including cleaning your room every day.

**Patient Escorts**
Patient escorts are staff members who transport you to and from tests and procedures in the Hospital. Their job is to see that you get to and from your destination safely.

**Volunteers**
Volunteers provide vital assistance to our patients, families, and health care professionals. Throughout the Hospital, they can be found lending a helping hand with a wide range of tasks and activities. You may meet volunteers on the unit and in the waiting areas.
Your Meals
You will be offered a choice of meals from the Hospital menu with specific attention to any dietary restrictions that may be related to your condition or your treatment. We can also accommodate special requests for vegetarian or kosher meals.

Breakfast: 8 am to 9 am
Lunch: 12 noon to 1 pm
Dinner: 5 pm to 6 pm

Snacks, such as juice, crackers, cereal, and milk, are available on each patient care unit.

Your Medications
You may want to use the chart below to keep track of your prescription and over-the-counter medications — especially since the medications you were taking before coming to the Hospital may now change as a result of your admission.

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Dose Amount</th>
<th>How Often/Time of Day Medicine is Taken</th>
<th>Special Notes/ Date Started or Stopped</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Allergies
Let your doctor and nurse know if you have any allergies, especially to medications and food, and/or to other substances such as latex. Please list your allergies here.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Rapid Response Team**
A Rapid Response Team is a special Hospital team that can be called by your nurse if your condition changes quickly. The Rapid Response Team is made up of at least two of the following professionals: critical care nurse, doctor, physician assistant, nurse practitioner, and respiratory therapist. The Rapid Response Team works closely with your primary doctor and nurse to provide care. The Team can be called any time of the day or night. If you have any questions about the Rapid Response Team, please talk to your nurse or doctor.

**Nursing Station Phone Numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor and Delivery Suite</td>
<td>(212) 932-4142</td>
</tr>
<tr>
<td>Postpartum Unit</td>
<td>(212) 932-4143</td>
</tr>
<tr>
<td>Well Baby Nursery</td>
<td>(212) 932-4147</td>
</tr>
<tr>
<td>Level 2 Neonatal Intensive Care Unit</td>
<td>(212) 932-5268</td>
</tr>
</tbody>
</table>
Patient Services Administration

Patient Services Administration provides a central location for patients and families to voice their opinions — whether positive or negative — about any aspect of Hospital care or services. Our Patient Services Administration personnel can help you and your family with questions and concerns, explain Hospital policy and procedures, and take appropriate steps to see that your rights as a patient are respected. Each Patient Services Administration staff member is trained in managing the issues that can have an impact on the quality of the patient experience. The Patient Services Administration staff is also available to educate patients and their families about advance directives and address any ethical concerns that may arise during a patient’s stay.

Interpreter Services

Interpreters for foreign languages and sign language can be arranged by a member of our staff free of charge. Indicate to a member of our staff if you will need this service, and an interpreter will be arranged for you. Equipment for patients who are hearing impaired is also available.

Services for the Visually Impaired

If you are visually impaired, our staff will assist you with forms. The Patient Bill of Rights and various selected forms are available in Braille through Patient Services Administration.

Ethics Consultation

The Hospital has an Ethics Committee, and its representatives are available to you, your family members, and Hospital staff for help when ethical issues relating to care arise. The Ethics Committee can provide counsel in areas such as ventilator use, feeding tubes, and dialysis. Please speak with your nurse, doctor, social worker, chaplain, or a representative from Patient Services Administration for more information.

Pastoral Care

Monday through Friday, 9 am to 5 pm

The Hospital's Department of Pastoral Care and Education can provide spiritual and emotional support to you and your loved ones while you are in the Hospital. Chaplains are trained to work with people of all faiths and those who have no religious affiliation. We have chaplains of many faiths who are available to provide religious guidance, if desired, and to help maintain religious or ritual observances.

If you would like to talk to a chaplain during your Hospital stay, please let your nurse know. A non-sectarian Memorial Chapel is located on the first floor of The Allen Hospital. Services are held weekly for all faiths, and the chapel is open daily for prayer and meditation.
HIGH RISK PREGNANCY

Antepartum Unit
Most women will have a healthy, normal pregnancy and will not require admission to the Hospital prior to their delivery. However, some may experience a pregnancy complication requiring them to be hospitalized for closer monitoring. For these expectant mothers, The Allen Hospital’s Antepartum Unit provides comprehensive medical and nursing care in comfortable and supportive surroundings. Our antepartum health care team includes maternal-fetal medicine specialists, obstetricians, and nurses. Other medical or surgical experts are consulted as needed.

Neonatal Intensive Care Unit
A Level 2 Neonatal Intensive Care Unit is available to provide immediate on-site care for at-risk newborns. Additionally, specialists at NewYork-Presbyterian/Morgan Stanley Children’s Hospital are available around-the-clock to consult on high risk cases. If necessary, there is a well-established transport system to Morgan Stanley Children’s Hospital for your newborn should it be clinically necessary.
LABOR AND DELIVERY

Labor and Delivery Suite
Your comfort and privacy are top priorities for us. The Labor and Delivery Suite offers a comfortable, family-friendly, and private setting decorated with soothing colors and large windows, most overlooking either the Columbia University athletic fields or the Hudson River. There are 11 labor and delivery rooms and two surgical suites for Cesarean sections. Seven of the labor and delivery rooms are used for labor and childbirth, while the other four are used for triage, antepartum, and postoperative care. There is also a kitchen area with a microwave, a refrigerator, and an ice machine.

The Labor and Delivery Suite provides:
- obstetrical services for low and high risk pregnancies
- specialized medical and nursing staff with high nurse-to-patient staffing levels
- advanced technology to support labor and delivery
- 24-hour obstetrical anesthesiology for pain management
- proximity to a state-of-the-art Neonatal Intensive Care Unit (NICU)

In most cases, babies are delivered by physicians with assistance from certified nurse-midwives, anesthesiologists, and neonatologists who are available on a 24-hour basis, if needed. Women at low risk of complications may have their babies delivered by midwives.

Triage Observation Area
If your visit to the Hospital is the result of an early pregnancy concern, or you are unsure if you are in labor, your obstetrician may recommend that you be evaluated in our triage area. He or she will determine your activity level, whether you can eat or drink, whether fetal monitoring is necessary, and if there is a need for intravenous fluids and/or medications.

Birthing Rooms
Our seven spacious and light-filled birthing rooms combine comfort with leading-edge technology. All suites are private and equipped with a special multi-positioned birthing bed, as well as state-of-the-art equipment for monitoring and delivering your baby. Your progress will be monitored regularly throughout labor, and your nurses will help you explore which comfort measures work best for you. In-room amenities include a television, telephone, and full bathroom with shower, as well as a pullout sofa bed for the birth partner.

Operating Rooms
Two state-of-the-art operating rooms are designated for Cesarean births. In the case of most Cesarean deliveries, your birth partner can accompany you into the operating room.
Pain Management
The intensity of discomfort during labor and delivery varies from person to person. Some women may manage well with relaxation and breathing techniques. However, most women choose some type of pain relief. The majority of women receive analgesia (relief from pain without losing consciousness) from an anesthesiologist. There is at least one attending obstetric anesthesiologist available whose sole responsibility is the Labor and Delivery Suite.

The most effective methods for relief of labor pain are regional anesthetics in which medications are placed near the nerves that carry the painful impulses from the uterus and cervix, lessening pain and facilitating your participation in your delivery. Our anesthesiologists commonly use an epidural, spinal, or combined spinal-epidural to minimize pain. Patients may be offered patient-controlled epidural analgesia, which gives partial control over how much medication is received via the epidural catheter using a computer-controlled pump.

The Hospital has specially trained Pain Resource Nurses who provide support to your health care team and who will consult with you on any pain management concerns or issues. This will help us meet your pain management needs and keep you comfortable throughout your hospitalization.

Commonly Asked Questions
The following are some commonly asked questions about Labor and Delivery:

What happens when I arrive in the Labor and Delivery Suite with labor complaints but haven’t been evaluated by my doctor?
If you arrive in the Labor and Delivery Suite with labor complaints but haven’t been evaluated by your doctor, you will be admitted and taken to the triage room. Your doctor or another health care provider will examine you to determine your progress in labor. An external fetal monitor may be applied to your abdomen to assess your pattern of contractions and fetal heart rate. Depending upon the findings at the time of your evaluation, you may be released to return home, asked to walk around until your labor progresses, or admitted to a birthing room.

What happens once I am in a delivery room?
In the delivery room, your nurse will assess your blood pressure, pulse, and temperature, and place you on a fetal monitor. The nurse will monitor you throughout your labor and help you explore which comfort measures work best for you. An intravenous line may be placed to give you medication and fluids. You may also receive ice chips to help quench your thirst. Do not eat any food without your physician’s permission.
Who can stay with me during labor?

You can have up to two people, who are older than 16 years of age, with you at any given time. Your other visitors may wait in the visitors’ lounge adjacent to the Labor and Delivery Suite.

How long is the typical postpartum stay for vaginal deliveries? For Cesarean deliveries?

Typically, maternity patients will be hospitalized for up to two days postpartum for vaginal deliveries and three to four days for Cesarean deliveries.

If I am having a Cesarean delivery, who can stay with me?

If you have a Cesarean delivery, your birth partner can be with you as long as you receive an epidural or spinal anesthesia. If you require general anesthesia, your birth partner will be taken to the recovery room to wait for you and your baby. You will be monitored in the recovery room until the effects of anesthesia wear off. When you are ready, you will be transported to the mother-baby unit.

Can my family take pictures while I’m delivering?

Pictures may be taken during delivery. Only still photography is allowed in the labor room and birthing/delivery room for vaginal delivery, or operating room for Cesarean delivery. Photographs are permitted to be taken behind the anesthesia screen and in the operating room at the discretion of your obstetrician.

Videotaping is not permitted in the birthing/delivery or operating rooms, regardless of type of delivery.

Videotaping and still photography of the mother and baby are permitted in the mother’s room on the postpartum unit. Any videotaping or photographing of staff may only be done with that staff member’s permission.

Will I be given anything for pain relief when I go to the postpartum floor?

After delivery, your obstetrician or anesthesiologist will prescribe pain relief medications for use during your postpartum stay as appropriate. Your nurse will inquire regularly about your comfort and pain level in order to assess what medication will help to keep you pain free. You will be given medication as needed and agreed upon by you and your nurse consistent with your doctor’s orders.
POSTPARTUM CARE

After giving birth, you and your baby will be given a room on our postpartum unit, which includes a bathroom with shower facilities. A nursing attendant will greet you and provide you with our welcome toiletries kit in the event you do not have your own personal grooming items.

Rooming-In
Our family-centered care approach encourages keeping your baby with you at your bedside. This is referred to as rooming-in or mother-baby couplet care and provides you with an opportunity to bond with your baby. Rooming-in allows you to get to know your baby's behaviors and help meet his or her feeding needs, whether you have chosen bottle feeding or breastfeeding. However, if you feel the need to rest or you are not feeling well, your baby can be cared for in our Well Baby Nursery.

Pediatrician
Newborns will be examined by a pediatrician within 24 hours of birth and followed by that pediatrician throughout the Hospital stay.
Mother and Newborn Care

During your stay, our registered nurses will care for you and your baby at your bedside. Our nurses have significant training and experience in obstetrics and postpartum care and are on-call to help you learn to care for yourself and your baby. Your baby will be bathed upon admission to the Well Baby Nursery located on the sixth floor. Should your newborn require immediate specialized care, a transitional nursery equipped to handle any emergency is located within the Labor and Delivery Suite.

As nurse educators, our registered nurses provide instructions for taking care of yourself after a normal vaginal delivery or Cesarean birth. Before going home with your newborn, they will instruct you on baby care basics, including:

- feeding
- cord care
- bathing
- diapering
- circumcision care
- shaken baby syndrome
- safety

The New York State Department of Health requires you to view a video on shaken baby syndrome, which explains the dangers of shaking a newborn. You will be able to view this video on the Newborn Channel on your Hospital television.
Breastfeeding
NewYork-Presbyterian Hospital recognizes and fully supports a new mother’s choice of feeding for her newborn — breastfeeding, formula, or a combination of both. However, we are a breastfeeding-friendly Hospital that acknowledges and complies with the New York State Department of Health’s Breastfeeding Mothers’ Bill of Rights. Because we encourage our new mothers to exclusively breastfeed their babies, all of our nurses are thoroughly trained in breastfeeding basics, including techniques and positioning. In addition, our International Board Certified Lactation Consultants are registered nurses and can help breastfeeding mothers who are experiencing difficulty. Lactation Consultants are available weekdays and most weekends to support and educate new mothers in order to help them have a successful breastfeeding experience.

Quiet Time
To help new mothers get their rest, we have implemented Quiet Time in the afternoons from 2 pm to 5 pm. During this time, we ask that all staff, patients, family members, and visitors speak softly and keep any electronic devices in silent mode.

Hourly Rounding
A member of your care team will be coming to your bedside every hour or so to make sure that you are comfortable and to check to see if you have everything you need. The staff member will ask you about your pain level, whether you need help to use the bathroom, and answer any questions you or your family members may have.
Newborn Screening Tests

Apgar Score
Virginia Apgar, M.D., who was a member of the NewYork-Presbyterian/Columbia medical staff, created this simple scoring system in 1952 to evaluate the physical status of newborns. After the umbilical cord clamp is placed and the cord is cut (by your partner if you wish), your baby is then dried and wrapped warmly. The Apgar score is done at 1 minute and 5 minutes after birth to assess the baby's color, pulse, muscle tone, respiratory status, and reflexes.

Blood Tests
Your newborn will undergo blood tests to check for various conditions and diseases that cannot be seen but may cause health problems. If identified and treated early, serious problems can often be prevented. In New York State, all babies are required to be tested for more than 40 metabolic and genetic disorders, even if the baby seems healthy and has no symptoms or health problems. A tiny amount of blood is taken from the baby's heel, collected on a special paper, and sent to the Department of Health for analysis. The baby's heel may have some redness at the puncture site and may have some bruising that usually goes away in a few days. Most screening tests cannot be performed until a baby is at least 24 hours old. But there are times when the sample may be collected before 24 hours of age, requiring the baby to have a second specimen collected four to five days later. All babies must have the newborn screening specimen collected before leaving the Hospital.

Hearing Screening
In New York State, all babies are required to have their hearing checked before going home. The purpose of this screening is to check your newborn's ability to hear and to help identify babies who might require further testing. Since good hearing is so essential for the development of speech and language skills, it is important that the identification and management of a hearing impairment be done as early as possible. A hearing screening is non-invasive and painless. The screening methods used are otoacoustic emissions and/or auditory brainstem responses. Both procedures take only a few minutes and can be performed while the infant is resting. A trained specialist measures your baby's hearing while soft sounds are played.

Birth Certificate
Following delivery, you will be given a form that needs to be completed in order to issue your baby a birth certificate and Social Security number. If you are naming a co-parent on your baby's birth certificate, he or she must be present and provide a copy of the marriage certificate. You should receive your baby's birth certificate and Social Security card approximately four to six weeks following delivery.
FOR YOUR CONSIDERATION

Private Accommodations
The Allen Hospital has private rooms available for patients at additional cost. Please contact the Admitting Department at (212) 932-5079 or let your physician know if you are interested in private accommodations.

Guest Facility and Hotels
The Allen Hospital is not far from the NewYork-Presbyterian/Columbia campus. Family members and friends of patients at The Allen Hospital may find the following guest facility and hotels useful.

McKeen Pavilion (212) 305-5951
Milstein Hospital Building
NewYork-Presbyterian/Columbia
177 Fort Washington Avenue, between 165th and 168th Streets
New York, NY 10032

Guest rooms are available in the Milstein Hospital Building — McKeen Pavilion Guest Accommodations area. These guest rooms enable friends and family to be close to loved ones while they are in the Hospital. Rates are available on request. Call for information or reservations, Monday through Friday, 7 am to 5 pm; Saturday, Sunday, and holidays, 8 am to 4 pm. After hours, ask a nurse to page the Administrator-on-Call who will check room availability.

Econo Lodge-Fort Lee (201) 944-5332
2143 Hudson Terrace
Fort Lee, NJ 07024

The Econo Lodge is located not far from the George Washington Bridge in Fort Lee, New Jersey, with convenient access to the Bridge, the Hospital, and New York City via both public transportation and by car.

Crowne Plaza Englewood (800) 972-3160
401 South Van Brunt Street
Englewood, NJ 07631

The Crowne Plaza is located just north of Route 4 and Interstate 80.

International Services (212) 305-4900
If your primary residence is in a country other than the United States, please contact International Services. Our International Services staff speak many languages and are available to assist patients and families with a variety of medical and non-medical services, including scheduling doctor appointments, escorting patients to procedures, requesting second medical opinions, and providing information about lodging.
Online Personal Health Record: myNYP.org

NewYork-Presbyterian Hospital is pleased to offer patients myNYP.org, a free online service for management of personal and family health records that puts you in charge of your health information and your child's health information and offers you the ability to consolidate and organize significant amounts of health information in a private account. You can access this information wherever and whenever needed and can easily share information with clinicians, trusted family members, and other caregivers. With myNYP.org, you can create an electronic health record for yourself and for your child and store as much or as little health information as you wish in one convenient place online. This includes medical conditions and history, medications, surgery reports, lab results and test reports, immunization records, Hospital discharge instructions, doctor and insurance information, and emergency contacts.

NewYork-Presbyterian cares about patient privacy. Therefore, myNYP.org was developed in collaboration with Microsoft® and uses Microsoft® HealthVault™ — a privacy and security-enhanced online service — to store patient information. Once stored, information can only be accessed and shared by you or with your permission. In addition, online tools offered by myNYP.org can help you manage health and wellness. "My Health Explained" helps you better understand treatments, tests, and procedures used to diagnose and treat medical conditions. “My Health Tools” includes useful tools to help you manage chronic conditions such as high blood pressure and diabetes; keep track of weight, monitor diet, and chart progress; and prepare for emergencies.
FOR YOUR COMFORT AND CONVENIENCE

Welcome Kit
To provide you with a warm reception to our Hospital, you will receive a welcome kit upon your admission. This kit contains toiletries and grooming products from Crabtree & Evelyn, including shampoo, hair conditioner, body wash, body lotion, a toothbrush and toothpaste, a hair brush, facial soap (shea butter), and mouthwash. The kit also contains earplugs, lip moisturizer, and a sleep mask. This patient amenity kit will help meet your personal needs until you are either discharged or can obtain grooming items from home.

Telephone Service

Local Calls
Local calls are free to the following area codes: 212, 201, 347, 516, 551, 631, 646, 718, 914, 917, and 973, and may be dialed directly from your Hospital room.

Long Distance Calls
Calls to area codes beyond those listed above are long distance. There is a small daily charge for long distance telephone service within the continental United States.

To activate long distance service:
- within the Hospital, call (212) 932-4500
- outside the Hospital, call (212) 932-4048

Follow the voice prompts to complete the activation. If you need assistance, press 0.

Long distance telephone service may be charged to:
- major credit cards (Visa, MasterCard, Discover, or American Express)
- prepaid cards, available at the kiosk located on the second floor of The Allen Hospital next to the main elevator
- home telephone bill

Long Distance Calling Service Terms
The long distance calling service period is from midnight to midnight. Service can be stopped or restarted at any time by calling (212) 932-4500. Service is automatically transferred when you are moved to another room and is stopped when you are discharged from the Hospital.

Making Telephone Calls
Local Calls: Dial 9 + 1 + Area Code + Number
Long Distance Calls: Dial 9 + 1 + Area Code + Number
Toll-Free Calls: Dial 9 + 1 + 800 (866, 877) + Number
Television Service
In general, patient rooms come with several free television channels; additional channels are available for a small daily fee.

Basic Free Service
All patients have 24-hour access to basic television service, which includes the following complimentary channels: CBS (Channel 6), PBS (Channel 16), CNN (Channel 41), the Newborn Channel, and channels providing religious services, classical music, Hospital information, and patient education programming. A guide to programming on Channels 1-57 is available on Channel 66.

The Newborn Channel provides many informative programs about basic newborn care, newborn safety, and feeding your infant. This is a free service available in both English and Spanish. For more information about Newborn Channel programming, please talk to your nurse.

Extended Rental Service
Extended television service includes 24-hour access to television programming and movie channels for a small daily charge. A listing of channels is available on Channel 66.

To activate extended television service:
• within the Hospital, call (212) 932-4500
• outside the Hospital, call (212) 932-4048

Please have your payment available at the time of your call. Follow the voice prompts to complete the activation. If you need assistance, press 0.

Important: Once you complete your transaction, please turn to the TV channel of your choice. Service will begin within a few minutes.

Television service may be charged to:
• major credit cards (Visa, MasterCard, Discover, or American Express)
• prepaid cards, available at the kiosk located on the second floor of The Allen Hospital next to the main elevator
• home telephone bill — the extended television service charge will appear as an entertainment service

Rental Terms
The rental period is from midnight to midnight. Service can be stopped or restarted at any time by calling (212) 932-4500. Service is automatically transferred when you are moved to another room and is stopped when you are discharged from the Hospital.
For Assistance
Rentals: Call (212) 932-4500, then press 0
TV Repairs and TV Customer Service: Call (212) 932-4500
Billing Questions: Call (866) 234-9009

Patient Education Television Programming
The Hospital offers extensive patient education programming free of charge through your television service. A list of topics can be found on Channel 88, or ask your nurse for a printed copy of the list. After you watch the program, if you have any questions about the information, talk to your nurse or doctor. To view the program:

Step 1: Call (212) 932-4500. You will hear several commands.

Step 2: Choose a language.
- Press 1 to hear the instructions in English.
- Press 2 to hear the instructions in Spanish.

Step 3: After listening to instructions, press 2 for video on demand.

Step 4: Enter the 3-digit video code for the topic you want to watch. You will be asked to confirm your choice.
- Press 1 if correct.
- Press 2 if not correct.

Step 5: You will hear, “Your video selection will begin playing momentarily on channel __.” Turn your TV to the channel that is mentioned.

Step 6: You will hear:
- To repeat this message, press 1.
- To end the call and begin playing your video, press 2.

Internet Access
You and your family members can use a personal laptop computer and most other mobile wireless devices in the Hospital. You can connect your computer or device to our Wireless Guest Network, which is designed for guests and patients at the Hospital, by selecting “guest-net” from the list of networks that appears when you click on the wireless icon. Launch your device’s web browser and it will automatically present a disclaimer page listing the Terms and Conditions and Acceptable Use for the Wireless Guest Network. You must select “I Agree” at the bottom of the page in order to use guest-net. Most web browsers are compatible with this process. Guest-Net Wi-Fi connection is an open and unencrypted wireless network with Internet-only access. No connectivity to the Hospital’s intranet resources is available.
Visiting Hours
NewYork-Presbyterian has open visiting hours. To provide patients with more support from their loved ones, there are no set visiting times. Patients or a support person, selected by the patient when she is admitted, may decide who visits and when. Please note, for the well-being of our patients, members of the care team may limit visiting. Our staff will work with patients and visitors, especially those in semi-private rooms, to allow patients time to rest and sleep.

Your significant other may stay overnight with you in private rooms only.

All visitors must receive a pass from the Information Desk at the main entrance. Family and visitor waiting areas are located on each patient floor. Visitors who have colds or other infections should not visit until they are well. Visiting children should be free of colds and infections, and their immunizations should be up-to-date.

Information Desk (212) 932-4000
The Information Desk, located in the main lobby of The Allen Hospital, provides directions and information to patients and visitors. The Information Desk is open 24 hours a day, 7 days a week.

Gift Shop (212) 932-5050
Monday through Sunday, 9 am to 8 pm

The Gift Shop is located in the first floor lobby of The Allen Hospital. It offers a wide selection of items, including flowers, toiletries, newspapers, magazines, cards, snacks, beverages, gifts, and Mylar balloons. You may call the Gift Shop to have deliveries made to your room. For the health and safety of our patients, latex balloons are prohibited in the Hospital. Mylar balloons and flowers (fresh cut, artificial, and dried arrangements) are prohibited in all intensive care units, recovery rooms, operating rooms, nurseries, the labor and delivery suite, and oncology and transplant units.
Places to Eat
Within The Allen Hospital, you can get a meal or a snack at the following:

The Pavilion Café  
(212) 932-4505
Monday through Friday, 7 am to 6 pm  
Saturday and Sunday, 8 am to 3 pm

The Pavilion Café, located in the basement of The Allen Hospital, serves meals made to order, including omelets, waffles, hot and cold sandwiches, and a variety of Spanish and Caribbean specialty foods.

Vending Machines
Vending machines are available 24 hours a day in the dining area of The Pavilion Café.

Public Restrooms
Public restrooms are located throughout the Hospital and on every floor. For infection control purposes, bathrooms in patient rooms are for patient use only.
FOR YOUR SAFETY AND SECURITY

Infant Security
To protect the safety of your newborn, we have a comprehensive infant security program. Immediately following birth, infants and their parents receive matching identification bands with a bar code. It is the policy to scan and verify these bands whenever any staff member interacts with your newborn — whether in your room or in the nursery. A photograph and high quality, readable footprints of the infant are also taken.

Another important layer of security is a state-of-the-art electronic monitoring system. A lightweight sensor is attached to the newborn’s ankle. Any attempt to move an infant out of the monitored area toward an exit or elevator activates the security system, automatically setting off an alarm and locking all exit points leading from the maternity unit. In addition, any unauthorized attempt to remove the sensor activates this alarm.

Important Patient Safety Information
At NewYork-Presbyterian Hospital, we want to work closely with you to make your care and your baby’s care safe. By getting involved in your care and the care of your baby, asking questions, and speaking up, you will help us achieve optimum outcomes.

Be Actively Involved in Your Care
Your health care team will keep you informed about your care and the care of your baby. They will listen to your concerns, answer your questions, and explain your treatment plan. If English is not your primary language and you need assistance, we will provide an interpreter for you. When you are discharged, you will receive written instructions to take home.

Ask Questions and Speak Up
• Actively participate in treatment decisions for you and your baby.
• Ask questions about care and treatment of yourself and of your baby.
• Ask questions about your discharge instructions.
• Tell us if you do not understand what we are saying to you.
• Ask for an interpreter if you do not understand English.

Keep Your Health Care Team Informed
• Share your medical history with your health care team.
• Tell us about your medical problems and prior surgeries.
• Tell us if you have any allergies.

Know Your Medications
While you are in the Hospital, ask about all medications you are given and why they have been prescribed for you. Remember to take home your written medication instructions.
Expect Staff to Check and Recheck Your Identification Band
Wear your Hospital identification (ID) band at all times while you are in the Hospital. Our staff is expected to review the information on your Hospital ID band before giving you any medications, before tests, procedures, and X-rays, or when giving you your food tray. If your ID band comes off or is unreadable, ask us to replace it.

Use Your Call Button
There is a red button on the television remote control, which may be used to call for help whenever it is needed. Call buttons are also located in all bathrooms.

Help Prevent Falls
For your protection, we strive to make every effort to prevent falls during your Hospital stay. This includes placing your call button within reach, helping you get out of bed, and taking you for walks on the nursing unit. If you are at risk for falling, we will take extra precautions. You can help prevent falls by:
• calling a staff member if you need help getting out of bed or a chair
• keeping your call button close to you — let us know if you cannot reach it
• wearing Hospital-provided non-skid socks or shoes when you walk around
• making sure the brakes are locked before getting in or out of a wheelchair
• if you wear glasses, making sure you have them on before you get out of bed
• following the staff’s instructions to prevent falls

Preventing Infections
Preventing infections is one of the most important goals at the Hospital. While not every infection is preventable, many can be prevented by taking certain precautions.

Practice Hand Hygiene
One of the best ways to prevent infections is hand hygiene. Hand hygiene refers to cleaning hands with soap and water or with an alcohol-based hand sanitizer. Alcohol-based products are an easy way to perform hand hygiene. Throughout the Hospital, you will see Purell® dispensers and bottles in hallways and patient rooms.

Your health care team is expected to clean their hands before and after providing care to prevent the spread of infection. They are required to use Purell® or wash their hands with soap and water. If you’re not sure that your health care provider cleaned his or her hands, please ask the provider to do so before examining you or your baby or performing a procedure. They will be glad you reminded them.
Follow Visitor Guidelines
We want you to help prevent the spread of infection too. If your family members or friends have a cold, cough, fever, or rash, please ask them not to visit until they are well. Ask your visitors to clean their hands with Purell® before they come into your room.

Know About Health Care-Associated Infections and Precautions
All hospitals strive to prevent health care-associated infections. These infections include:

- Surgical site infections, which can happen after surgery at the area on the body where surgery was performed.

- Central line-associated blood stream infections, which can occur in patients who have a central line catheter in their vein. These catheters are placed so that the patient can receive medications and blood transfusions.

- Multi-drug resistant organism infection, which is a type of infection that may not be related to a procedure. This type of infection, which can affect any part of the body, is caused by bacteria that are resistant to many antibiotics. Resistance means that the bacteria have become harder to treat. These infections can be passed from patient to patient if proper prevention practices are not followed. They can also occur as a result of treatment with antibiotics.

When you have a procedure, such as an operation, a cardiac catheterization, or a central line placement, strict guidelines are in place to help prevent infections. Sterile drapes are used to create barriers to prevent contamination of the body site being worked on. In addition to performing hand hygiene, the health care team:

- wears sterile gowns, gloves, caps, and masks
- uses sterile supplies and surgical instruments
- cleans the skin with an antiseptic where the procedure is to be done

Before some operations, patients are given antibiotics to prevent infections.

In some cases, to help prevent health care-associated infections, we place patients on isolation precautions in a single room. Patients who have been diagnosed with a multi-drug resistant organism infection may also be placed on contact isolation. If you are on contact isolation, health care team members may wear a mask, gown, or gloves when coming to see you — although you may still remain in a two-bedded room. Please check with your nurse about precautions you should take.

If you have questions about preventing health care-associated infections, please ask your doctor or nurse.
**Balloons/Flowers**
For the health and safety of our patients, latex balloons are prohibited in the Hospital. Silk flowers are preferred over real flowers, as real flowers pose an allergy risk to some patients. Mylar balloons and flowers (fresh cut, artificial, and dried arrangements) are prohibited in all intensive care units, recovery rooms, operating rooms, nurseries, the labor and delivery suite, and oncology and transplant units.

**Electrical Appliances**
Electrical appliances from home, such as hair dryers and other plug-in items, are not permitted on the units. Special permission to use electronics from home may be granted in rare instances and must be pre-approved by our Biomedical Engineering Department. If you have any questions, please speak with your nurse.

**Staff ID Badges**
Every staff member and volunteer is required to wear a Hospital identification badge that includes a photograph, name, and role in the Hospital. Do not hesitate to ask employees or visitors to identify themselves. If you have any concerns about the identity of any person entering your room, contact a member of the nursing staff immediately. Report any suspicious behavior immediately to the Security Department at (212) 932-4400.
For Your Safety and Security

The Security Department monitors the Hospital and its properties 24 hours a day, 7 days a week. Special security measures in the maternity area provide further security for newborns during their stay in the Hospital. Please note that anyone entering the Hospital will be asked to show identification.

Valuables

The Hospital is not responsible for loss or damage to any personal property, including hearing aids, eyeglasses, or dentures, kept in your room. Please send your valuables home with a friend or family member for safekeeping. If this is not possible, contact the Patient Care Director on the unit to have the valuables locked in a safe. Itemize your personal belongings with staff and ask for a receipt of any items that will be kept with Security.

Lost and Found

For Lost and Found, contact the Security Department at (212) 932-4400 or call extension 44400 within the Hospital.

No Smoking Policy

NewYork-Presbyterian Hospital is a completely smoke-free environment — indoors and outdoors. Smoking is prohibited in Hospital buildings, at entrances, on all outside grounds, and in gardens, courtyards, and parking facilities. For information on programs that can help you stop smoking, ask your doctor or visit the Hospital's website at http://nyp.org/services/smoking-cessation.html.
PREPARING TO GO HOME

Generally, you will be discharged two days after a vaginal delivery and three to four days following a Cesarean birth. Both your obstetrician and pediatrician must authorize discharge for you and your baby. You will receive additional discharge information while you are in the Hospital.

Discharge Information
When your doctor tells you that you and your baby are ready to go home, your nurses will discuss ongoing care with you. If any prescriptions are required, they will be given to you the night before you go home. You will also receive a written discharge plan for you and for your baby that describes the arrangements for any future care that your doctor may order after discharge. You and your baby may not be discharged until the services required in your written discharge plan are secured or determined by the Hospital to be reasonably available. You also have the right to appeal this discharge plan. An envelope for your discharge information is provided in the front pocket of this Guide so you will be able to easily keep track of the material.

Infant Car Seat
New York State requires that you have an infant car seat properly installed for the car ride home with your newborn. Be sure you know how to buckle your baby in correctly. Car seats are not required for taxis and buses.
**Going Home Checklist**

The following list of questions will help you prepare for a smooth transition home.

___ Do I have clean, comfortable clothes to wear?

___ Do I have clothes for my baby?

___ Do I have keys to my home?

___ Is there food to eat at home?

___ Who is coming to pick us up?

___ Do I need someone to help me at home?

___ Have these arrangements been made?

___ Do I have all the prescriptions/medications I will need?

___ Have I received my discharge instructions to care for myself and my baby at home?

___ What else should I ask my doctor or nurse?

___ Who can I call if I have concerns or questions after I get home?

___ The date of my follow-up appointment is:

___ The date of my baby’s pediatrician appointment is:

___ My doctor’s phone number is:

___ My baby’s pediatrician’s phone number is:
Your Medications

You may want to use this chart to update your list of prescription and over-the-counter medications in preparation for discharge.

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Dose/Amount</th>
<th>How Often/Time of Day Medicine is Taken</th>
<th>Special Notes/ Date Started or Stopped</th>
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Discharge Phone Call

We are interested in learning how we can better serve our patients and families. After you are discharged, you may receive a discharge phone call from the Hospital. The purpose of this call is to see how you are feeling, inquire about your experience during your hospitalization, and to make your transition home as easy as possible. Before you are discharged, please tell your nurse the most convenient telephone number and time for this call.

Patient Satisfaction Survey

Approximately two weeks after your discharge, you may receive a Patient Satisfaction Survey in the mail. The Survey will ask about your stay in the Hospital. Please take a moment to complete and return this Survey. This Survey is very important to us. Your participation will help us take steps to improve the Hospital experience for our patients and families.
Preparing to Go Home

Cashier  
(212) 932-4260

Monday through Friday, 7:30 am to 4:45 pm

The Cashier is located on the right side of the main lobby of The Allen Hospital. Payment for Hospital charges and other services can be made by cash, personal check, traveler’s checks, and most major credit cards.

Billing

Your Hospital bill will reflect all of the Hospital services you and your baby received during your stay. Charges fall into two categories:

- a basic daily rate, which includes your room, meals, nursing care, and housekeeping
- charges for special services or procedures, which include the operating room, recovery room, and/or items your physician orders for you or your baby, such as X-rays or laboratory tests

For information about charges for telephone and television services, see pages 20 and 21.

You may receive separate bills from physicians who bill independently for their services. You may also receive bills from physicians who did not see you in person, but who provided professional services related to diagnosing and interpreting test results while you were a patient. These include pathologists, radiologists, and other specialists. If you have questions about their bills, please call the number printed on the statement you receive from them.

Insurance  
(212) 632-7440

All insured patients should familiarize themselves with the terms of their health coverage, including, but not limited to, commercial insurance carriers, HMOs, Medicare, and Medicaid. This will help you understand which Hospital services are covered and your responsibilities, if any. You should also bring copies of your insurance cards. The Hospital is responsible for submitting bills to your insurance company for Hospital services and strives to take the appropriate steps to expedite your claim. You may receive a bill from the Hospital for any deductible/copay/coinsurance or non-covered items, as indicated on the explanation of benefits received from your insurance company. If you have any questions regarding your insurance coverage, please call (212) 632-7440 or the telephone number indicated on your billing statement.

Notice to Uninsured or Underinsured Patients  
(866) 252-0101

If you are uninsured, you will be responsible for payment of your Hospital bill unless you are eligible for and receive coverage from other payment sources. NewYork-Presbyterian Hospital offers assistance to patients who do not have insurance or are underinsured to determine whether there may be other sources of payment, such as Medicaid, Medicare 1011, Workers’ Compensation, No-Fault, COBRA benefits, or Charity Care, available to cover Hospital services rendered here.
Charity Care/Financial Aid Policy  
NewYork-Presbyterian Hospital has a long-standing policy to assist patients who seek or receive health care services at our Hospital and are in need of financial aid, regardless of age, gender, race, national origin, socioeconomic or immigrant status, sexual orientation, or religious affiliation. If you have a financial obligation to NewYork-Presbyterian and believe you cannot afford to pay, the Hospital has a charity care/financial aid policy that can assist qualified patients. Information regarding eligibility for charity care/financial aid and the application process is available from the Admitting Department or by calling toll-free (866) 252-0101.

Medical Records (Health Information Management)  
Mailing Address:
Medical Correspondence Unit
NewYork-Presbyterian/Columbia
622 West 168th Street, Room PH1-040B
New York, NY 10032

The Medical Correspondence Unit for The Allen Hospital is located at NewYork-Presbyterian/Columbia. If you would like to request a copy of your Hospital medical records, please carefully review and complete the Hospital Release of Information Authorization form in full and either mail or bring it to the Medical Correspondence Unit. The form is available in English and Spanish on the Hospital's website or you may pick it up from the Medical Correspondence Unit. To access the form online, type the following in your browser: http://nyp.org/patients/medical-records.html. Please read the form carefully and check the appropriate box for the information you need.

The office is open Monday though Friday, 9 am to 4 pm.
PATIENT RIGHTS AND RESPONSIBILITIES

Your Rights
You have certain rights and protections as a patient guaranteed by state and federal laws. These laws help promote the quality and safety of your Hospital care. Please review the booklet in the pocket of this Guide, *Your Rights as a Hospital Patient in New York State*. Share it with family and friends involved in your care. If you have a question about your rights, or do not understand something, speak to your nurse, doctor, social worker, or Patient Services Administration representative.

Your Responsibilities
This Statement of Patient Responsibilities was designed to demonstrate that mutual respect and cooperation are basic to the delivery of quality health care. You are responsible to:

- Provide, to the best of your knowledge, accurate and complete information about present complaints, past illnesses, hospitalizations, medications, and other matters relating to your health; and provide, upon admission, a copy of your Health Care Proxy or other advance directives, if available.

- Notify your doctor or nurse if you have recently been taking any of the following: vitamins, minerals, both prescription and non-prescription medications, and herbal and nutritional supplements. By letting them know what you are taking, they can take steps to avoid possible problems with the medications and treatments you may be getting during your Hospital stay.

- Let your nurse know if food is brought in from the outside for you or your baby. We need to see that the food is stored safely and won't interfere with any special diet or treatment.

- Report any unexpected changes in your condition or the condition of your baby to the responsible medical care provider.

- Report whether you clearly understand each proposed course of action for your care and the care of your baby and what is expected of you.

- Follow the treatment plan recommended by the health care team responsible for your care and the care of your baby. This group may include doctors, nurses, and allied health personnel who are carrying out the coordinated plan of care, implementing your doctor's orders, and enforcing the applicable Hospital rules and regulations.

- Be responsible for your actions if you refuse treatment or do not follow your medical care provider’s instructions.

- Follow Hospital rules and regulations affecting patient care and conduct.

- Be considerate of the rights of other patients and Hospital personnel, especially with regard to minimizing noise, refraining from smoking, and assuring the appropriate conduct of your visitors.

- Be respectful of the property of others.

- Assure that the financial obligations for your health care are fulfilled as promptly as possible.
Your Health Care Proxy and Living Will

Sometimes, because of illness or injury, patients may be unable to talk to their doctor and make decisions about their treatment. You may want to plan in advance so that your wishes about treatment will be followed if you become unable — whether for a short or long period of time — to decide for yourself. In New York State, individuals have the right to appoint someone they trust to decide about treatment for them, if they become unable to do so. This appointed person is called a Health Care Agent. Under certain circumstances, New York State law allows a spouse, domestic partner, or a family member to make a health care decision that is in your best interest.

The best way to have your treatment wishes met and concerns addressed is to appoint a Health Care Agent and complete the Health Care Proxy form. This form is included in Your Rights as a Hospital Patient booklet in the pocket of this Guide. If you do not have someone to appoint as your Health Care Agent, or you do not want to appoint someone, you can also give written instructions about your specific treatment desires in advance. These written instructions are called a Living Will.

The Patient Advance Directive Policy provides, among other things, that the Hospital will follow any advance directive, such as a Health Care Proxy or Living Will, which complies with New York State law provided that you give a signed copy of any such advance directive to the Hospital. If you have any problems, questions, or concerns regarding your stay, please notify Patient Services Administration at (212) 932-4321.

Organ Donation

Should you wish to consider organ donation and enroll in the New York State Donate Life Registry, you may do so by calling the New York State Organ and Tissue Donor Registry toll-free at (866) NYDONOR or (866) 693-6667. You may also enroll through the New York State Department of Health website at http://www.health.state.ny.us/professionals/patients/donation/organ/.

If You Have Concerns

If you have any questions or concerns regarding your rights and/or responsibilities as a patient at NewYork-Presbyterian Hospital, please call Patient Services Administration at (212) 932-4321.

If you feel we have not been able to address your concerns, you may also call:
- New York State Department of Health (800) 804-5447
- The Joint Commission, a hospital accreditation organization (800) 994-6610
FINDING YOUR WAY AROUND

The Allen Hospital's official address and phone number are:

NewYork-Presbyterian/The Allen Hospital ............................................................... (212) 932-4000
5141 Broadway
New York, NY 10034

Directions

By Subway
The #1 train provides service to the 215th Street and 225th Street stations at Broadway. Walk along Broadway for 5 blocks to 220th Street. The A train provides express service from midtown Manhattan to 207th Street. At 207th Street, take the Bx7 bus to 219th Street and Broadway. The entrance to The Allen Hospital is on the west side of the street.

By Bus
City buses that serve The Allen Hospital include: Bx7, Bx20, and Liberty Lines Express. For additional bus and subway information, call the Metropolitan Transportation Authority at (718) 330-1234.

By Metro-North Rail
The Marble Hill station at 225th Street is located directly across the river from the Hospital. Walk over the 220th Street bridge to reach The Allen Hospital's main entrance.

By Car
From Upstate New York and New Jersey: After crossing the George Washington Bridge, follow signs to the Henry Hudson Parkway (also called the West Side Highway) North. Exit at Dyckman Street, then turn left onto Broadway. The Allen Hospital will be on your left.

From the Major Deegan Expressway: From either north or south on the Major Deegan take Exit 10, the 230th Street exit. If approaching from the south, turn left at the light onto Broadway. If approaching from the north, turn right at the light onto Broadway.

From the Cross Bronx Expressway: Travel toward the George Washington Bridge and take the last exit before the bridge. Then follow signs for the Henry Hudson Parkway North. Exit at Dyckman Street, then turn left onto Broadway. The Allen Hospital will be on your left.

Parking
Valet parking is available at the main entrance of The Allen Hospital at 5141 Broadway, 6 am to 10 pm, Monday through Friday, weekends, and holidays. Fees are posted at the main entrance. Most major credit cards are accepted.
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(September 2011)