

- Please leave all your medications at home. We will supply all your medications here in the hospital for you. While this can be frustrating at first, it ensures your safety. If you have CFRD and use insulin pens, bring these with you and ask the nurse to have the pharmacy put a label on them so that you can continue to use your own pens.
- We have a school at LPCH, so if you are admitted during school time, we can work with your teachers to keep you on track.



We hope that this information helps you and your family to feel better prepared for your hospital stay. If you have any other questions, please call Mary Helmers, pediatric nurse coordinator, at 650-736-1359.



What to Expect During your Admission to Packard Hospital



**725 Welch Road
Palo Alto, CA 94304**

Many thanks to the Pediatric Advisory Council for their vision and suggestions.

Hospital admissions can be stressful for the person being admitted, as well as for his/her family. Your CF Team wants to help make this experience as easy as possible for you, so that you can focus on getting well. The following is some information to help you and your family prepare for your stay.

- You will most likely be admitted to 3 North, the unit where CF patients are most often admitted. If 3 North is full, you will most likely go to 3 East.



- One of your parents or guardians will stay with you for your entire stay. There is bedding available, but your parent is encouraged to bring his/her own. If you need bedding supplies, ask the unit clerk to help you.
- The length of your stay depends on what your doctor feels you need, but usually it is 10-14 days.
- You will have your own room! Because of the hospital's isolation policy, you will have to remain in your room for the length of your hospital stay. This may be frustrating, but there are lots of activities that can be done in your room. Sometimes you can go up to the roof (we have a garden rooftop where you can go outside and relax, walk, throw a ball or play). You will need to ask your nurse for the "secret" elevator code to reach the roof.



- Please bring any items that will make your stay comfortable for you. This includes bedding, comforter, favorite pillow or blanket, pajamas, clothes, laptop, books, iPod, snacks, DVD's, and any activity you want to do (arts and crafts, games, cards). Don't forget to bring the chargers for electronics.
- You will get a central line placed in your arm for IV antibiotics called a PICC line. Once this is placed, they will probably not need to poke you for an IV again! Don't worry, we will give you some medicine to make you sleepy, prevent pain, and to help you so that you don't feel the line being placed.
- Usually you get IV antibiotics 3 or 4 times per day, and respiratory therapy (aerosols and either vest or CPT) 4 times per day. You are encouraged to eat as much food as possible. In addition to the three daily meals delivered to your room, you will receive vouchers for snacks at the cafeteria. If you don't receive a voucher, ask your nurse, or ask Julie, the dietitian, during her visits. Have a friend or family member redeem these to bring you a daily treat.



- There is a team of doctors that come to see you every day. Because we are a teaching hospital, you will see a resident, an intern and even a medical student. But don't worry, you will always see the pulmonary attending physician. Your **regular CF doctor may not be** on service when you are admitted, but he/she will talk to the on-call doctor and give them your complete background, and help to establish a care plan.
- While you are in the hospital, you will see Julie, the dietician, and Lindsey, the social worker. The rest of your CF team makes inpatient rounds every Thursday at 8:30 am. If you want to see any of the CF team from clinic, please ask your nurse to page us.
- If you are participating in a clinical trial, please be sure to call your research coordinator to let her know right away that you are being hospitalized. Call her at 650-804-6056, any time of the day or night, seven days per week. It is very important that she hears from you.

