

# Information for Inpatients



Coloproctology Center Takano Hospital

## 1. Visitation

Please use the lounge on either the 4<sup>th</sup> or 5<sup>th</sup> floor for patient visitations.

Weekdays and Saturdays 14:00 – 20:00

Sundays and public holidays 12:00 – 20:00

※ In general, Children (15 years of age or younger) should refrain from doing patient visitations to avoid the possibility of infection.

Please contact us if there are any special circumstances.

## 2. Medicine

When you come to the hospital please bring your “medicine notebook” so that we can check the medicines that have been prescribed to you at our outpatient clinic and at other hospitals. Also, please consult your doctor or nurse if you need to refill your prescription from a different hospital or plan to go to a different hospital while receiving treatment at our hospital. As a general rule, medical insurance will not cover treatment received at other medical institutions while being hospitalized at our hospital.

## 3. Cellphones

Cellphones should always be in silent mode. Please refrain from talking on your cellphone in your room and refrain from using your cellphone from 10 pm to 7 am. If you need to use your cellphone please go to the lounge or the room designated for telephone use.

## 4. Valuables

Please take care of all your own valuables. There are many cases of theft by people pretending to be visitors or family members of patients in the hospital. Please keep your valuables in the locked drawer of your bedside cabinet.

※ If you lose your key it will cost you 3,000 yen to replace it.

## 5. Food

Please refrain from bringing in food and/or exchanging food with other patients because this could aggravate your medical condition.

## 6. Smoking

Smoking in the hospital or on the hospital grounds is strictly prohibited.

Smoking is a serious risk factor for cancer and other lifestyle-related diseases.

## 7. Drinking alcohol

Drinking alcohol on the premises is strictly prohibited.

## 8. Going out and doing overnight stays

A doctor's permission is required if you want to leave the hospital or stay overnight at your home. If you would like to change or cancel your meals please let us know by:

- a) 14:15 the previous day for breakfast
- b) 8:45 the same day for lunch
- c) 12:15 the same day for dinner

## 9. Cosmetics

Please refrain from using makeup, nail polish, and nail art so that we can monitor your natural complexion and nail color. Also, please remove all jewelry before undergoing surgery to prevent burns or any other complications.

## 10. Garbage

Please throw away your own garbage in the lounge of each ward.

## 11. Appliances

Each hospital room is equipped with free Wi-Fi so you can bring your own personal computer if you would like to access the internet. Also, if you would like to use a hairdryer please bring your own as there are only a limited number available in the staff station.

## 12. Parking

Please do not drive your car or motorcycle on the day of your admittance to the hospital. Please inform accounting on the first floor if you would like to park your car in the hospital parking lot during your stay at the hospital.

## 13. Other

Please do not hang towels or clothes on the curtain rails or bed lights. If there are any problems with your hospital room please feel free to let us know.



## GENERAL INFORMATION

A hospital is a public place for patients and guests. In order to make your hospital stay as pleasant as possible please keep the following points in mind:

1. Please use the lounge on either the 4<sup>th</sup> or 5<sup>th</sup> floor for patient visitations. The outpatient cafeteria on the 6<sup>th</sup> floor can also be used.
2. Please be as quiet as possible when using the washroom from 10 pm to 7 am.
3. You can use the hospital laundry facilities from 8 am to 8 pm.
4. Please refrain from talking on cellphones in your room.
5. No smoking on the premises.
6. Please refrain from watching TV from 11 pm to 7 am.
7. Each ward is locked from 8 pm to 7 am for security reasons.

*Thank you for your cooperation!*

## Price List

### Parking

¥540/night

Please inform accounting on the first floor if you would like to park your car in the hospital parking lot during your stay at the hospital.

### Medical certificates

For the life insurance company (1 copy)	¥5,400
Ordinary medical certificate (1 copy)	¥2,160

Please submit each document to the cashier's window on the first floor at the time of discharge. We cannot answer any inquiries about the contents of the medical certificates by phone. In addition, if you would like to receive a medical certificate by mail please send the documents to the following address:

To: Person in charge of medical documents  
Coloproctology Center Takano Hospital  
3-2-55 Oe, Chuo-ku, Kumamoto City  
862-0971

### Laundry (8:00 am – 8:00 pm)

Washing machine (one time)	¥100
Drier (one time)	¥100

You can use a 100 yen coin or a prepaid card to use the washing machines and driers. You can bring your own detergent or buy some at the store on the 6<sup>th</sup> floor. You can also request dry cleaning. For such cases, please contact your nurse.

### Watching TV (7:00 am – 11:00 pm)

Every 2 hours	¥100
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Only prepaid cards are available. Please use earphones when watching T.V. in your room. You can bring your own or buy them at the store on the 6<sup>th</sup> floor.

## Refrigerator

Every 24 hours

¥100

Each hospital room is equipped with a small refrigerator (one per patient). Only prepaid cards are available.

You can use the washing machines, driers, television and refrigerator with a prepaid card. You can buy the cards at the store on the 6<sup>th</sup> floor or from wagon services.

## DIET

### ● We serve a healthy high-fiber diet. ●

Half milled rice which contains about three times the dietary fiber of white rice is served with side dishes that contain a lot of vegetables, mushrooms, potatoes, beans and sea weed.

Dietary fiber prevents constipation and lifestyle related diseases.

The recipes for the side dishes are also available to patients free of charge.

### ● Patients can choose the quantity and hardness of the rice. ●

Porridge can be substituted for rice or the rice can be made softer upon request. Please contact your nurse or nutritionist if you would like to make any dietary changes. (Except patients with diabetes)

### ● We regulate the daily amount of salt intake. ●

The recommended daily allowance of dietary salt is about 8 g / day. Therefore, each meal at our hospital is only lightly flavored with salt and we encourage you to maintain this dietary regulation during your hospital stay.

### ● We have a flexible meal plan. ●

Please contact your nurse or nutritionist if you prefer a **western style breakfast** (i.e. bread, egg dishes, vegetables, soup and milk).

We can also prepare soft easy to digest dishes for elderly patients and for patients with little or no appetite.

### ● We offer a buffet style meal once a month. ●

We use grain, vegetables and fruit produced in Kumamoto. (Only patients who are not on any dietary restrictions are eligible for this special buffet style meal)

### ■■■■ Please do the following to prevent food poisoning: ■■■■

- Please thoroughly wash your hands with soap and dry them with a clean towel before every meal.
- Please eat your meal within one hour after being served.
- Please refrain from leaving out served milk, yogurt, pudding and fruit (if possible please refrigerate).
- Please refrain from bringing in unpackaged food and/or food that easily spoils.



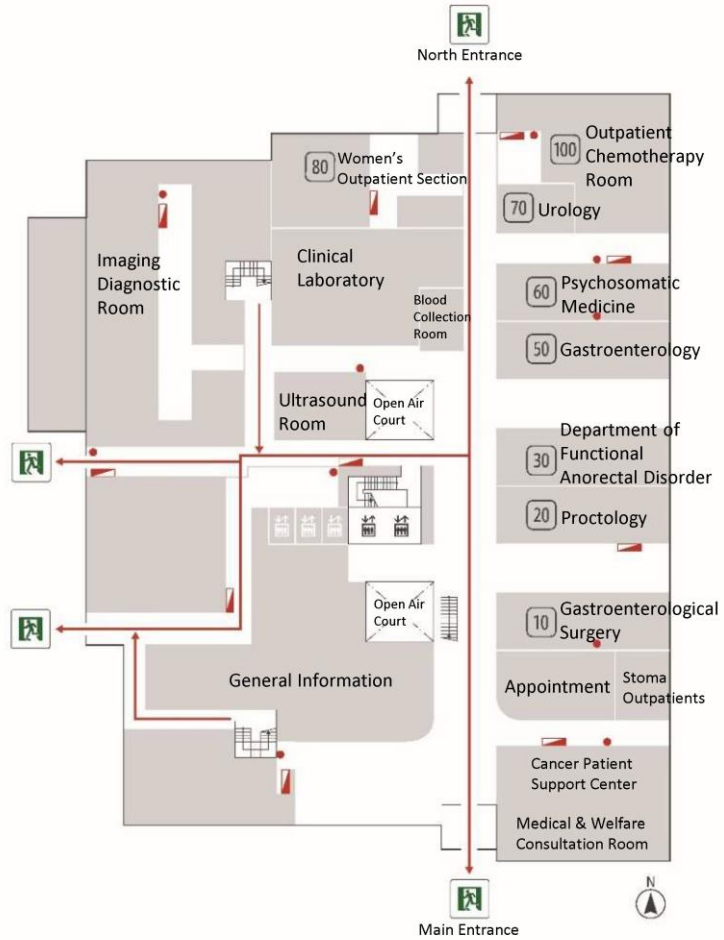
# Building Information

## 1F

### Emergency Route

Evacuate from 1<sup>st</sup> floor

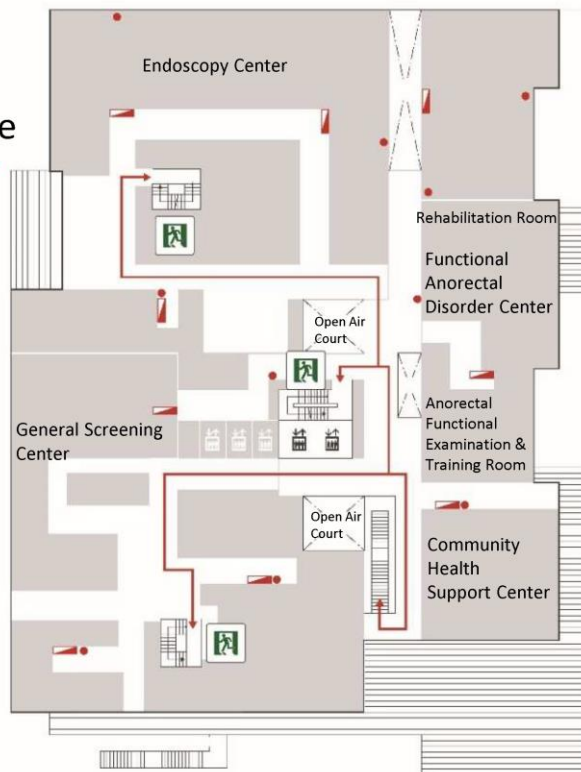
	Fire Extinguisher
	Auxiliary Fireplug
	Evacuation Routes
	Escape Chute
	Connecting Water Pipe
	Emergency Exit



## 2F

### Emergency Route

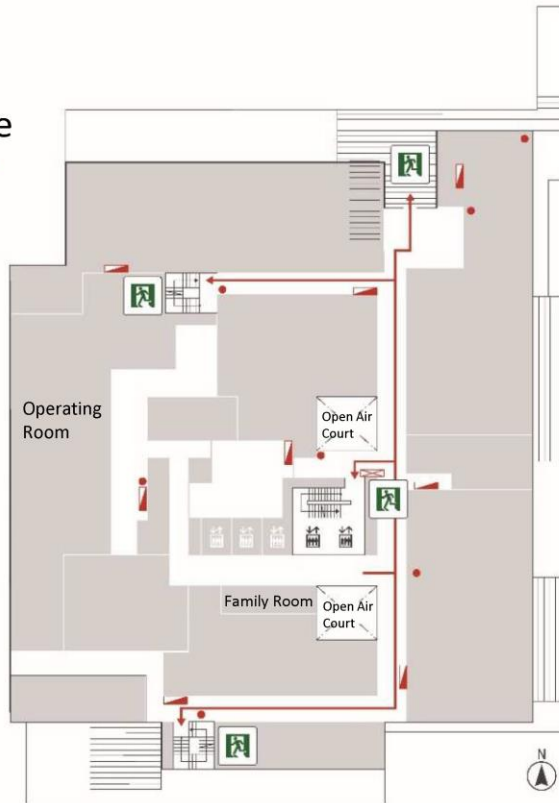
Evacuate from 1<sup>st</sup> floor





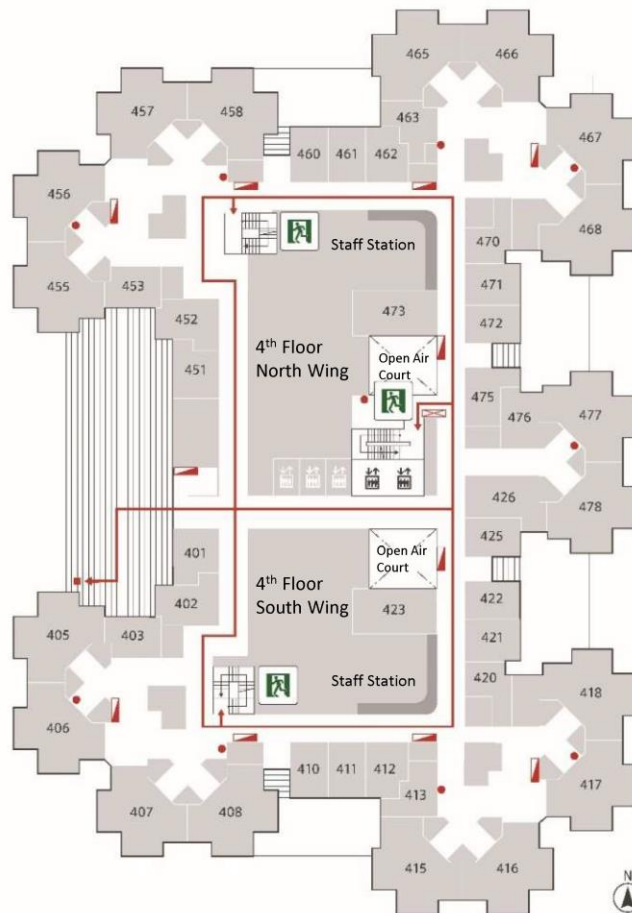
# 3F

Emergency Route  
Evacuate from 1<sup>st</sup> floor



# 4F

Emergency Route  
Evacuate from 1<sup>st</sup> floor



# 5F

Emergency Route  
Evacuate from 1<sup>st</sup> floor



# 6F

Emergency Route  
Evacuate from 1<sup>st</sup> floor

