

INFORMATION CHECKLIST FOR HOSPITAL STAYS

When entering the hospital:

- Provide list of your medications with exact times, frequencies, dosages.
- Share your knowledge about PD, including on-off fluctuations and the importance of taking medications at specific time intervals.
- Bring medications in original bottles.
- Know which drugs can worsen PD symptoms.
- If you are in a research study, provide information about the experimental drugs, and inform the study coordinator that you are in hospital.
- Speak up when medications are wearing off.
- Do not take medication on your own.
- Let the staff know if you have a DBS implant. Bring access review or magnet device to turn stimulator on and off.
- Inform your neurologist that you are in hospital, and give your neurologist's name and phone number to the hospital physician.

Be mobile:

- Walk around as much as possible.
- Do range-of-motion exercises.

If you have difficulty swallowing:

- Sit up while eating.
- Ask for a speech-swallow evaluation.
- Let staff know if your medications need to be administered through a tube.

Know what factors may make your symptoms worse:

- Not getting meds at specific times.
- Dopamine-blocking drugs, such as Haldol, Risperdal, and Zyprexa.
- Anxiety, stress, sleep deprivation.
- Infection.

Provide Advance Directives:

- Living Will
- Power of Attorney for Health Care.
- Remind your health care agent of his/her role.