

NIH Clinical Center Patient Education Materials

Welcome to 7 Southwest-North (7SW-N) Neurology and Sleep Laboratory Inpatient Unit

Contact Information

7SW-N 301-451-1250
FAX: 301-480-3350

Visiting Hours

9a.m. - 9p.m.

The Clinical Research Nurses on 7SW-N Inpatient Unit care for adults who are enrolled in a variety of National Institutes of Health (NIH) research studies. Our team works together to give you the best care during your time at the Clinical Center. Here is some information about what you and your family can expect.

What happens when you arrive?

Please tell us right away if you have:

- Signs of infections (fever, runny nose, diarrhea)
- A history of being on isolation
- Respiratory (breathing) symptoms; if so, please ask for a mask and put it on right away
- MRSA, VRE, CRE, KPC or any other similar infection (or a history of these infections)

What are isolation precautions?

If you have a disease that could spread to others, then we may ask you to wear a mask while in the hospital. You may also need to follow rules about leaving the room. Your nurse or doctor will explain what to do. By following these rules, your family can help stop the spread of diseases.

Do you need identification?

We will give you an ID bracelet to wear on your wrist. Please understand that you need to keep it on at all times. The ID bracelet will serve as identification for lab collection and medication administration at NIH.

What should you bring with you?

Please bring an up-to-date list of your medicines and dosages with you, including over-the-counter and herbal medications and vitamin supplements. Let your nurse

know if you have any drug, food, or environmental allergies.

If you did bring in medicine, give it to your nurse. If you need medicines, our doctors will prescribe them. You must stop using any medicines or supplements that you brought from home unless our doctors allow you to take them. If your NIH doctor prescribes medicines to take home that are related to your research study, they will be filled at the Outpatient Pharmacy on the first floor. The hours are:

- Monday –Thursday: 8:30a.m. - 6p.m.
- Friday: 8:30a.m. - 8p.m.
- Weekends and Holidays: 8:30a.m. - 12:30p.m.

We suggest that you leave valuables (like jewelry or large sums of money) at home. If you do bring them, take them to the cashier on the first floor. The cashier will put them in a locked vault and give you a receipt.

What can you expect during your visit?

The needs of the study that you are enrolled in will guide what you will expect during your visit. Your healthcare team will:

- Check your vital signs
- Provide a tour of the unit
- Introduce you to the unit staff
- Provide you with an admission questionnaire

Are computers, TVs, and phones available?

Computers, televisions, and telephones are available in each patient room, and you may make free local calls and use the wireless internet.

How do you receive meals?

Your provider will order your diet during your stay here. Ask your nurse if you are on a “special” diet. It is important to adhere to the prescribed diet. You can use the menu provided to you to choose your meals. To order, press 3 on the phone in your room, or call 301-451-FOOD (301-451-3663). We will serve all of your meals in your room between 6:30 a.m. and 6:30 p.m. Please remember that meals are only for patients, not visitors.

Food may also be purchased in vending machines throughout the Clinical Center and in cafeterias and cafes. There are also many restaurants in Bethesda, about two miles from the hospital.

You will find food labels by the unit patient refrigerator. Place the label with your name and the date on the food you want to save in the patient refrigerator. Food older than two days and unlabeled food will be discarded.

What are the rules about visitors?

A visitor may accompany a patient to the designated unit, into the room of the patient whom they are visiting, and into common rooms (lounges, cafeterias, playrooms). Please keep in mind:

- Visitors who have been recently exposed to an infectious disease (for example, impetigo, chickenpox, tuberculosis, hepatitis) may not visit.
- Visitors with cold or flu symptoms are discouraged from visiting.
- Visitors must wash their hands or use hand sanitizer when coming in and leaving your room to prevent spreading germs
- The bathroom in your room is only for you and other patients. Visitors should use the Clinical Center's public bathrooms.
- NIH is a smoke-free campus. If you have any questions about our smoking policy, please talk to your health care team. The NIH police may fine anyone who smokes on the NIH property.
- Kids under age 14 must be supervised by an adult at all times. Your nurse may approve teens aged 14 to 18 to visit without an adult.

How can you do laundry?

Washers and dryers are available for your use at no cost. They are located adjacent to some inpatient units. Ask at the nurses' desk for directions. There is also a dry cleaning service available through the Gift Shop on the B1 level of the Magnuson Center.

How can you send and receive mail?

We deliver mail Monday through Friday. Please ask family and friends to write "Patient Mail" on their envelopes and packages. They can send mail to:

Your Name
"Patient Mail"
NIH Clinical Center Unit 7SWN, MSC 1438
10 Center Drive
Bethesda, MD 20892

If you need to send mail from the unit, envelopes and stamps are available at the self-service post office near the bank on the B1 level.

What if you have health problems at home?

If you have an emergency while you are off the unit or once you are at home, call 911 right away.

On the day you are discharged, your nurse will give you discharge instructions and a list of medicines (if any) to pick up. If you have any restricted medications (like some pain medications), please ask your nurse for a prescription/requisition form signed by your provider. Remember to ask your nurse to return medicines that you brought with you. Before you leave your room, double check all the closets, drawers, electric outlets, etc. to make sure you don't leave any valuables behind.

If you encounter any problems or have protocol-related questions, contact the person(s) listed in the discharge instructions sheet.

Patient Portal

The patient portal provides patients with secure access to view selected medical information and the Patient Handbook online at any time.

To create your child's account, visit the website:
<http://patientportal.cc.nih.gov>

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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[Questions about the Clinical Center?](#)

