

Parkinson Patient Information Checklist for Hospital Stays:

General Points to be Aware of When Entering the Hospital

- Provide a list of your medications with exact times, frequencies, & dosages. Be prepared to share your knowledge about PD, including on-off fluctuations and the importance of taking medications at specific time intervals.
- Bring medication in original bottles.
- Know which drugs can make PD worse.
- If you are participating in a research study, provide information explaining the experimental drugs, and phone the study coordinator to let her know that you are in the hospital.
- Speak up when medication(s) are wearing off.
- Do not take medication on your own. The staff should administer all medication. Sometimes, patients may be able to prearrange permission allowing them to bring, and to use, their own medications.
- Let the staff know if you have a deep brain stimulation (DBS) implant. Bring the access review or magnet device to turn the stimulator on and off during hospital procedures.
- Contact your neurologist letting him/her know that you are in the hospital, and give the phone number of your neurologist to your doctor in the hospital.

Be mobile, especially during prolonged stays!

- Walk around as much as possible.
- Inquire about physical therapy or occupational therapy. Even passive range of motion exercises can help prevent contractures if you are not mobile.

If you have difficulty swallowing:

- Sit up while eating,
- Ask for a speech-swallowing therapist.
- Alert staff that your medications may need to be crushed and administered through a tube. Make sure medications are administered one hour prior to meals or feedings, especially if medications are crushed.
- A dissolvable form of carbidopa/levodopa called Parcopa® can be substituted for the pill form. Parcopa is merely placed on the tongue, and it dissolves.

Know what factors may make your PD worse:

- Failing to get medications at specific times and coordinated with meals.
- Dopamine blocking drugs such as haloperidol (Haldol), risperidone (Risperdal) and olanzapine (Zyprexa).. If absolutely necessary, because of hallucinations, behavior or sleep, only quetiapine (Seroquel) or clozapine (Clozaril) should be used.
- Anxiety, stress and sleep deprivation.
- Urinary tract, lung, or other infections (and antibiotics).

Provide Advance Directives: Power of attorney for health care and living will. Choose an advocate who can ask questions and act as your spokesperson. Make sure this person is aware of your medical wishes so they can assist in speaking for you if needed.