

Landeskrankenhaus - Universitätskliniken - Innsbruck
Universitätsklinik für Nuklearmedizin
Anichstrasse 35, A-6020 Innsbruck
Vorstand: O. Univ.-Prof. Dr. Irene J. Virgolini

Innsbruck, on the 28.11.2018

Mrs. or Mr.
xy
Musterstraße 1
Musterstadt

Subject: Inpatient Admission, in the University Hospital of Nuclearmedicine

The date for your admission Appointment on the Nuclearmedicine Ward is

XXXXXXXXXXXXXXXXXXXXXXXXXX at xx:xx

Concerning your inpatient admission Appointment we dispatch you your corresponding documents and general Informations.

On the admission day you can have a light Breakfast und you are allowed to have Lunch.

Please visit our WEB- Site

<http://www.pflege-nuklearmedizin.com>

you can watch Videoclips for generell information

Our Ward NUST 1 Süd is on the first floor of the Surgery Building (House 8) off he University Hospital Innsbruck

Due to the different nuclearmedical treatments and accociated radiation protection ordinance our Ward is completely different to other Wards. You may know this from previous visits.

The duration of your residence can only be assumed, the average duration is about 4 to 8 days.

As we want you to feel comfortable, we want you to be informed to get a little insight about our Ward, but don't worry, you also will be informed personally on the day of your Admission.

Your preparations:

Please observe the rules before an radioiodine therapy

- Avoiding iodine pills, iodized salt, fish, fish products and seafood, in particular no smoked food
- 8 weeks before your inpatient admission no X-Ray contrast.
- 1 month before and due to 6 months after the radioiodine therapy a conception control is necessary.
- As further preparation note :

.....NO thyroid hormon medication for 4 weeks
(if not differently prescribed from your doctor)

Your sceduling:

- Pleaes do plan your journey way with enough time, that you arrive on time on the Ward of Nuclearmedicine on the first floor of the surgery Building in the University Hospital of Innsbruck
- If your hometown is in „Südtirol“ we do need additional documents.
- If you do have any other examination results, bring them with you.
- If you do take any medication, take them with you for the duration of your residence.
- Please have breakfast on the day of your admission and take your medication.
- Do you have diabetes? If yes, and you need insulin, please make sure you have it with you.
- Do you suffer from any allergies or take blood thining medication? If yes please tell this the staff.

Therapycycle:

- ☑ After your medical pre examination you will get a test dose of radioiode to define your individual therapy dose.
- ☑ This will take place on the first day of your inpatient admission in our ambulance.
- ☑ On the other day there will be an „Uptake“(a Measurement) to define the exact individual therapy dose.
- ☑ For the therapy you will get a Radioiodine Capsule from our treating Doctor in our special application room.
- ☑ After taking this capsule, you have radioactive radiation in your body, thats the reason why you are not allowed to leave the Room.
- ☑ This radioactive radiation will automatically be measured by a sensor, which is incorporated above your bed. We can see the results on a monitor.
- ☑ The duration of your stay will be measured digital and varies between four and eight days
- ☑ As Radiation Protection our patients are not allowed to have visitors. But don't worry, obviously the medical staff as Nurses or Doctors will keep in contact with you. But as you have an radioactive radiation it's necessary that you take you keep distance.

Things to know:

- ☑ Take comfortable slippers, comfortable Clothes (such as T-Shirt, tracksuit), Underwear, toilet Articles, with you.
- ☑ You will get a Nightsuit and Towels from us.
- ☑ If you want, you can take your mobile phone or laptop with you. You will get your Wireless Network password in the first floor in the Surgery Building.
- ☑ Please make sure that you drink enough during the therapy – Your urinary bladder as well as your body will get rid of surplus radioactive radiation.
- ☑ To avoid a contamination of our environment due your radioacive radioation (mainly in your urine) the wastewater disposal is being collected in a tank system. To dont exceed the exsisting capacities of the tank system we kindly ask you to only use as much wate r as you necessarily need.
- ☑ You will get a Coin every day to take a Shower. After pressing the red button in the shower you will have one minute water for two times.
- ☑ Please make sure to switch of the light in the bathroom, otherwise the room ventilation in your room will only have half of the usual capacity.
- ☑ Generally we request that you go behind the Plump Wall, if anyone enters the room to protect them from the radioactive radiation.
- ☑ The rooms will be cleaned every day. The cleaning staff will request you to go into the bathroom, while they clean the room.
- ☑ Before you get discharged you will get some information about further radiation protection measures which you have to keep in mind.

Discharge from the hospital:

- ☑ The radiation protection of Tyrol has strict guidelines concerning your discharge. We kindly ask for your understanding, that we have to follow the instructions of the competent authority. (Measurement under 185 MBq).
- ☑ After your stay you should keep distance to newboarn, toddler, pregnant woman for one week and avoid crowded places.
- ☑ You will receive: Discharge letter, Recipe and Documents for your Discharge.

Anreise:

- 1 Medizin-Zentrum Anichstraße (MZA)
 - i Information Portier
 - A An- und Abmeldung MZA
 - ⊕ Notfallaufnahme Allgemein
- 2 Gebäude Innere Medizin
 - i Information Portier
- 3 Frauen-Kopfkl. Gebäude
 - i Information Portier
- 4 Hautklinik
- 5 Kinderzentrum
 - i Information Portier
 - ⊕ Notfallaufnahme Kinder- und Jugendheilkunde
- 6 Psychiatrie
- 7 Zentrales Versorgungsgebäude ZVG
- 8 Chirurgie-Gebäude
 - i Information Portier
 - A An- und Abmeldung Chirurgie
 - ⊕ Notfallaufnahme Chirurgie, Innerkoflerstraße
 - ⊕ Notfallaufnahme Unfallchirurgie, Schöpfstraße
- 9 Pavillon
- 10 Blutbank
- 11 Vinzenzgebäude
- 13 HNO-Gebäude
- 14 Verwaltungsgebäude

P+R Anlieferungsparkplätze für private PatientInnen-Transporte mit barrierefreiem Zugang



Chirurgiegebäude = Haus 8:

Nuclearmedicine is on the first floor

❖ Patient-Transport:

Holding and Parking the Car in the hospital area is exclusively allowed in the BLUE Area for a duration of 20 minutes, at all other areas your car will be towed away fee based.

❖ Short time parking zone:

In the short time parking Zone outside the hospital area ist allowed to park your car between 90 and 180 minutes.

❖ Long time parking zone:

For Patients there is a underground car park (Beselepark /Entrance Innerkoflerstraße) with a special rate. It's about 5 minutes by feet away from the hospital.

Parking-Innsbruck (Special Rate for Patients)

Per Minute € 0,039 Max. Day Fee € 10,40 Every other day € 6,20	
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❖ **Transport:**

The cost of Transport to and from hospital with an Emergency Transport have to be payed of the insurance or from the patient themselves, it is not payed by the hospital. If you are unable to travel home by yourself your physician will issue you a ticket for an ambulance service.

❖ **Prepaid Phone Cards/ Internet**

You can have a prepaid phone card, internet access at the patiente admittance and load your card at the automat with at least 5,-. (4,- will be locked as a deposit until your discharge).

❖ **Food:**

You can choose your meal from a menu card which you will receive from our staff. You can choose between normal diet, light diet, vegetarian and mashed food. Because of organisational reasons you will get a light diet menu your admission day.

❖ **Special Meals:**

There are menus developed for all age groups depending on their health status and style of living, under the supervision of a curative nutrition specialist and a dietitian physician

❖ **Smoking:**

Smoking is strictly forbidden at any ward of the hospital, except at dedicated smoking areas at the ground floor

❖ **Discharge:**

- ✓ Before you leave the hospital you have to check out. Therefore you will receive a release form from our Staff which you have to deposit at the Patients-deregistration.
 - ✓ Personal Deregistration: **To avoid a misunderstanding and uncertainties, it is important that you check out in person.** Patients off the Surgery Building can check out on the first floor of the Surgery.
 - Monday to Thursday 7:30 - 17:00
 - Friday 7:30 - 12:30
 - Outside business hours please check out at the „Medizinzentrum Anichstraße – MZA“
 - ✓ At the Deregistration Counter all the fees will be calculated which you have to settle up. You can pay cash or use your creditcard. At the same time you will receive a confirmation for your stay.
- ❖ **Follow up examination and Therapys:**
- ✓ If there are any follow up examinations necessary you will get a seperate fixed date. Do not hesitate to ask us anything when you have questions.

At the End of this Information Folder we wish you a safe journey.

Sincerely,

Martin Jeller DGKP
Chief of Nursing Management
Universitätsklinik für Nuklearmedizin
☎: 0043 (0) 50504 80071