

Thank you for choosing Baylor Scott & White Heart and Vascular Hospital – Waxahachie. We are passionate about the health and well-being of our patients. In collaboration with Baylor Scott & White Medical Center – Waxahachie, we are pleased to expand cardiovascular services in Ellis County. We are committed to keeping you safe and providing the same award-winning care close to your home.

**Enclosed you will find forms that require completion in its entirety prior to your arrival.**

- **Admission Database form**
- **Medication List**
- **Medication bag – Please use the enclosed bag to bring your medication bottles with you on the day of your procedure.**

Your completed information will allow our team to prepare for you and your procedure. Also included is a map of our facilities and a procedure day journey to help walk you through the experience.

As you prepare for your arrival, we understand that you may encounter questions for our team that cannot wait until admission day. If you have any questions regarding your procedure, our Scheduling Department is here to assist you. You can reach the team 24 hours a day, seven days a week by calling 214.820.0128.

Together with the Baylor Scott & White – Waxahachie team, we have built a patient-centered culture focused on clinical quality and personalized care. Our desire is to exceed your expectations.

As we embark on this journey together, we welcome your feedback. Thank you for entrusting us with your heart and vascular care. We are here to serve you.

On behalf of the Baylor Scott & White Heart and Vascular Hospital team, we wish you wellness.

Sincerely,



**Nancy Vish, RN, PhD, NEA-BC**  
President and Chief Nursing Officer  
Baylor Scott & White Heart and Vascular Hospital – Waxahachie  
Mobile: 214.793.3619

## ADMISSION DATABASE

### Advanced Directives

Do you have a:  Medical Power of Attorney (MPOA)  Living Will \*Please bring a copy with you to the hospital\*

### Emergency Contact

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Allergies

No Known Allergies

Allergy Source	Reactions	Comments

### Ob-Gyn Status

Date of last period: \_\_\_\_\_

Post-Menopausal?  Yes  No

Hysterectomy?  Yes Date: \_\_\_\_\_  No

### Pre-existing Implants

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Aneurysm stent or Aneurysm clip | <input type="checkbox"/> Prosthetic eye                     | <input type="checkbox"/> Lens Implant     | <input type="checkbox"/> Body piercing   |
| <input type="checkbox"/> Artificial Heart Valve          | <input type="checkbox"/> Middle ear prosthesis              | <input type="checkbox"/> Pins/Rods/Screws | <input type="checkbox"/> Body art/Tattoo |
| <input type="checkbox"/> Artificial Limbs                | <input type="checkbox"/> Implanted devices/Pumps/Stimulator | <input type="checkbox"/> Pacemaker/ICD    |  |
| <input type="checkbox"/> Tracheostomy                    | <input type="checkbox"/> Coronary stents                    | <input type="checkbox"/> Metal implants   | <input type="checkbox"/> Penile implant  |
| <input type="checkbox"/> Renal or other stents           | <input type="checkbox"/> Joint replacement                  | <input type="checkbox"/> Breast implant   |  |
| <input type="checkbox"/> Other (please specify): _____   |   |   |  |

### History

#### Anesthesia History:

- Difficult intubation  Sickle Cell Anemia  Malignant Hyperthermia  Motion Sickness  
 Post-operative nausea & vomiting  Other Anesthetic complications \_\_\_\_\_

#### Medical History:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Arthritis         | <input type="checkbox"/> CHF             | <input type="checkbox"/> Coronary Artery Disease       | <input type="checkbox"/> GERD (Gastroesophageal Reflux Disease) |
| <input type="checkbox"/> Asthma            | <input type="checkbox"/> COPD            | <input type="checkbox"/> COVID-19                      | <input type="checkbox"/> Hypertension                           |
| <input type="checkbox"/> Blood Transfusion | <input type="checkbox"/> Cancer          | <input type="checkbox"/> Diabetes Mellitus             | <input type="checkbox"/> Heart Disease                          |
| <input type="checkbox"/> Stroke            | <input type="checkbox"/> Thyroid Disease | <input type="checkbox"/> Other (please specify): _____ |   |

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HEART AND VASCULAR**



WAX-53938 (Rev. 10/21)

**ADMISSION DATABASE**

Page 1 of 3

## ADMISSION DATABASE

### History (Continued)

#### Surgical History:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Abdomen Surgery               | <input type="checkbox"/> Coronary Angioplasty with Stent Placement | <input type="checkbox"/> Hand Surgery      | <input type="checkbox"/> Kidney Stone Surgery |
| <input type="checkbox"/> Appendectomy                  | <input type="checkbox"/> Cosmetic Surgery                          | <input type="checkbox"/> Heart Surgery     | <input type="checkbox"/> Lumbar Laminectomy   |
| <input type="checkbox"/> Back Surgery                  | <input type="checkbox"/> Eye Surgery                               | <input type="checkbox"/> Hernia Repair     | <input type="checkbox"/> Skin Biopsy          |
| <input type="checkbox"/> Brain Surgery                 | <input type="checkbox"/> Fracture Surgery                          | <input type="checkbox"/> Joint Replacement | <input type="checkbox"/> Tonsillectomy        |
| <input type="checkbox"/> Colon Surgery                 | <input type="checkbox"/> Gastrectomy                               | <input type="checkbox"/> Kidney Transplant | <input type="checkbox"/> Vascular Surgery     |
| <input type="checkbox"/> Other (please specify): _____ |  |  |   |

#### Social History:

**Alcohol Use**  Yes  No  Currently  Never

How often do you have a drink containing alcohol?

- Monthly or less  2-4 times a month  2-3 times a week  4 or more times a week

How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1 or 2  3 or 4  5 or 6  7 to 9  10 or more

How often do you have six or more drinks on one occasion?

- Never  Less than monthly  Monthly  Weekly  Daily or almost daily

Drinks per week: \_\_\_\_\_ Glasses of wine

\_\_\_\_\_ Cans of beer

\_\_\_\_\_ Shots of liquor

\_\_\_\_\_ Standard drinks or equivalent

#### Substance Abuse

Drug Use:  Yes  Not Currently  Never

- Types:
- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> Amphetamines      | <input type="checkbox"/> GHB                    | <input type="checkbox"/> MDMA (Ecstasy)   | <input type="checkbox"/> Oxycodone         |
| <input type="checkbox"/> Amyl nitrate      | <input type="checkbox"/> Hashish                | <input type="checkbox"/> Mescaline        | <input type="checkbox"/> PCP               |
| <input type="checkbox"/> Anabolic steroids | <input type="checkbox"/> Heroin                 | <input type="checkbox"/> Methamphetamines | <input type="checkbox"/> Psilocybin        |
| <input type="checkbox"/> Barbiturates      | <input type="checkbox"/> Hydrocodone            | <input type="checkbox"/> Methaqualone     | <input type="checkbox"/> Solvent inhalants |
| <input type="checkbox"/> "Crack" cocaine   | <input type="checkbox"/> Hydromorphone/Dilaudid | <input type="checkbox"/> Methylphenidate  | <input type="checkbox"/> Other: _____      |
| <input type="checkbox"/> Cocaine           | <input type="checkbox"/> Ketamine               | <input type="checkbox"/> Morphine         |  |
| <input type="checkbox"/> Fentanyl          | <input type="checkbox"/> LSD                    | <input type="checkbox"/> Nitrous Oxide    |  |
| <input type="checkbox"/> Flunitrazolam     | <input type="checkbox"/> Marijuana              | <input type="checkbox"/> Opium            |  |

#### Tobacco

Tobacco Use:  Yes  Not Currently  Never

Start Date: \_\_\_\_\_ Quit Date: \_\_\_\_\_

Types:  Cigarettes  Pipe  Cigars  Electronic cigarette

Smokeless Tobacco:  Yes  Not Currently  Never

Start Date: \_\_\_\_\_ Quit Date: \_\_\_\_\_

Types:  Snuff  Chew

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WAX-53938 (Rev. 10/21)

**ADMISSION DATABASE**

Page 2 of 3

## ADMISSION DATABASE

### Vaccination History

Pneumonia vaccine:  Yes Date: \_\_\_\_\_  No

Influenza / Flu vaccine:  Yes Date: \_\_\_\_\_  No

COVID- 19 vaccine:  Yes Date: \_\_\_\_\_  No

### Psychosocial

**Other** - Individualized Care Needs: What information would help us give you more personalized care? How would you like to participate in your care?

\_\_\_\_\_

\_\_\_\_\_

### Blood Restrictions/Transfusion History

Blood Avoidance/Restrictions: Are there any reasons a blood transfusion would be refused if needed?

None  Blood borne infection concerns  Religious beliefs  Other \_\_\_\_\_

Previous Transfusion Reaction  Yes  No  Other \_\_\_\_\_

If yes, what type of Transfusion Reaction did you have: \_\_\_\_\_

### Values/Beliefs

Spiritual, Cultural Beliefs, Religious Practices, Values that Affect Care  Yes  No  Other \_\_\_\_\_

If yes, Description of Beliefs that Will Affect Care \_\_\_\_\_

\_\_\_\_\_

### Sleep Apnea Screening

Have you been diagnosed with Sleep Apnea?  Yes  No

Do you use a CPAP or BiPAP at home?  Yes  No

Do you often fall asleep during the day?  Yes  No

Have you been told that you snore?  Yes  No

### Patient Education

What is your preferred language for learning? \_\_\_\_\_

What is your preferred method of learning?  Visual  Auditory / Hearing  Hands-On  Reading/Writing

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WAX-53938 (Rev. 10/21)

**ADMISSION DATABASE**

Page 3 of 3

## YOUR MEDICINE LIST

Please keep an up-to-date copy of your medicine list with you at all times and bring to all appointments and procedures

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (month/day/year)

### Local Pharmacy

Pharmacy Name: \_\_\_\_\_

Pharmacy Address: \_\_\_\_\_

Pharmacy Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

### Mail Order Pharmacy

Pharmacy Name: \_\_\_\_\_

Pharmacy Address: \_\_\_\_\_

Pharmacy Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Allergies; what happens when/if I take them** (Ex: Bactrim; Itching)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**All medicines (prescriptions (Rx), samples, over-the-counter (OTC), as needed medicines (PRN), and dietary/herbal supplements or vitamins)**

	Name <small>Rx: Brand or generic OTC: Name and ingredients</small>	Strength	How do you take it? <small>How many and how many times a day; Is it taken as needed?</small>	What are you taking it for?	Who told you to take this medicine or supplement?	Last time you took a dose <small>(date/time)</small>
Example 1	Atorvastatin	40 mg	1 tablet once daily	Lower cholesterol	Dr. X	5/30/17 9:00 am
Example 2	Metformin	500 mg	1 tablet 2 times daily with meals	Lower blood sugar	Dr. X	5/30/17 7:00 pm
Example 3	Tylenol	500 mg	2 capsules 3 times daily as needed for pain	Arthritis	Dr. X	5/15/17 8:00 am
Example 4	Insulin R	8 units	1 injection 3 times daily with meals	Lower blood sugar	Dr. X	5/29/17 5:00 pm
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						

**Additional space provided on back of form**

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WAX-54764 (Rev. 10/21)

**YOUR MEDICINE LIST**

## YOUR MEDICINE LIST

	Name Rx: Brand or generic OTC: Name and ingredients	Strength	How do you take it? How many and how many times a day; Is it taken as needed?	What are you taking it for?	Who told you to take this medicine or supplement?	Last time you took a dose (date/time)
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Last Date My List was Updated: \_\_\_ / \_\_\_ / \_\_\_

Please review and update when starting or stopping medicines, changing doses, or visiting your doctor

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WAX-54764 (Rev. 10/21)

**YOUR MEDICINE LIST**

## Do you have questions for the doctor?

We want to help you get all of your questions answered and address any concerns or worries you may have. To help you keep informed and get explanations for your tests and procedures, please use this card to list any questions you may have for your doctor at your next visit.

Thank you for choosing Baylor Scott & White Heart and Vascular Hospital – Waxahachie.

1. _____ _____	6. _____ _____
2. _____ _____	7. _____ _____
3. _____ _____	8. _____ _____
4. _____ _____	9. _____ _____
5. _____ _____	10. _____ _____



**Baylor Scott & White**  
HEART AND VASCULAR HOSPITAL  
WAXAHACHIE

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*Part of Baylor Scott & White Heart and Vascular Hospital – Dallas*

2360 N Interstate 35E | Waxahachie, TX 75165

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[BSWHealth.com/WaxahachieHeart](https://www.BSWHealth.com/WaxahachieHeart)  
1.844.BSW.DOCS

## Your procedure day journey

at Baylor Scott & White Heart and Vascular Hospital – Waxahachie



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WAXAHACHIE

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# Your procedure day journey

Our plan for your care includes you remaining with us throughout the day of your procedure.

The actual time of your procedure may be adjusted following your arrival based on medical emergencies or unexpected circumstances.

Pre-admission 1-2 days before your procedure	Night before your procedure	Procedure day	Pre-procedure	After your procedure	Discharge and traveling home
<ul style="list-style-type: none"> <li>❑ Read all materials provided in your Pink Packet. You can also download them at <a href="https://www.bswhealth.com/WaxahachieHeart">BSWHealth.com/WaxahachieHeart</a>.</li> <li>❑ Be sure all paperwork has been fully completed, including:               <ul style="list-style-type: none"> <li>❑ Admission Database Information Form</li> <li>❑ Your Medication List (including herbals/vitamins/over-the-counter medications)</li> </ul> </li> <li>❑ Gather <b>medications you are taking</b> in their labeled bottles so you can find them easily the morning of your procedure. (Your care team will review the bottles and your completed Medication List before your procedure.)</li> <li>❑ Gather important paperwork, such as your Living Will or Medical Power of Attorney, if you have them.</li> <li>❑ If you will need a wheelchair upon arrival at the hospital, please let the hospital know at <a href="tel:214.820.0128">214.820.0128</a>.</li> <li>❑ Download the <a href="#">MyBSWHealth</a> app to access your hospital health records and make payments. You will receive your access code during registration.</li> </ul>	<ul style="list-style-type: none"> <li>● The hospital team will call you the day before your procedure to confirm what time you should arrive.</li> <li>● If your procedure is scheduled for a Monday, you will be called the Friday before your procedure.</li> <li>● If you do not receive a call the evening before your procedure, please contact us at <a href="tel:214.820.0128">214.820.0128</a>.</li> </ul> <p><b>Make sure you:</b></p> <ul style="list-style-type: none"> <li>❑ Follow all instructions given to you by your physician's office and/or the hospital team.</li> <li>❑ Shower at home. Use special scrub and showering instructions if given by your physician's office. <b>Do not use lotions or powders.</b></li> <li>❑ <b>Do NOT eat or drink past the time you are told.</b></li> <li>❑ You will be told which <b>medications to stop taking</b> before your procedure and which ones you can continue to take. <b>Take your medications only as directed by your physician.</b></li> <li>❑ Review all paperwork to make sure it is complete.</li> <li>❑ Pack an <b>overnight bag</b> if there is a chance of you staying overnight.</li> <li>❑ <b>IMPORTANT: Please leave all valuables, including jewelry, at home.</b></li> </ul> <p><b>Remember to bring:</b></p> <ul style="list-style-type: none"> <li>❑ Pink Packet with completed paperwork</li> <li>❑ Medications you are currently taking in the provided zip-close bag.</li> <li>❑ Insurance card</li> <li>❑ Photo ID</li> <li>❑ Advance directives (Living Will or Medical Power of Attorney, if you have them)</li> </ul> <p><b>Please plan to spend the day with us.</b></p>	<p><b>Remember to:</b></p> <ul style="list-style-type: none"> <li>❑ Wear comfortable clothing.</li> <li>❑ Bring <b>continuous positive airway pressure (CPAP)/Bilevel Positive Airway Pressure (BIPAP)</b> if you use one and there is a chance of you staying overnight at the hospital.</li> <li>❑ Bring an overnight bag, Pink Packet and paperwork, medicines, insurance card, photo ID, advance directives.</li> <li>❑ Bring waiting activities, such as a book or magazines.</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>❑ Guest Wi-Fi access is available throughout the Baylor Scott &amp; White campus facilities.</li> <li>❑ If you need to cancel your procedure or are running late, please call <a href="tel:214.820.0128">214.820.0128</a>.</li> </ul> <p><b>Upon hospital arrival</b></p> <ul style="list-style-type: none"> <li>● Please arrive at the time specified by our scheduling team.</li> </ul> <p><b>Parking</b></p> <ul style="list-style-type: none"> <li>● Self parking is free</li> </ul> <p><b>Check-in/registration</b></p> <ul style="list-style-type: none"> <li>● Check in at the Guest Services desk on the ground floor of Baylor Scott &amp; White Heart and Vascular Hospital - Waxahachie.</li> <li>● An Access Services Department representative will assist with your check-in process, including signing forms and making copies of your photo ID and insurance information.</li> <li>● After checking in, you will be escorted to your pre-procedure floor/room.</li> </ul>	<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>● Pre-procedure preparation may include:           <ol style="list-style-type: none"> <li>1) Signing procedure forms</li> <li>2) Taking your medical history</li> <li>3) Discussing your current medications</li> <li>4) Lab work</li> <li>5) Electrocardiogram (EKG)</li> <li>6) IV start</li> </ol> </li> <li>● Your estimated procedure time will be provided. This may be adjusted due to medical emergencies or unexpected circumstances. We will keep you updated.</li> </ul> <p><b>Guests</b></p> <ul style="list-style-type: none"> <li>● Visit <a href="https://www.bswhealth.com/HeartWaxahachie">BSWHealth.com/HeartWaxahachie</a> to view the current visitation policy.</li> <li>● Your allotted guests are welcome to be with you in your pre-procedure room. They will be escorted to the guest waiting area during your procedure.</li> <li>● Your post-op room may be different than your pre-op room. Please have your family/friends take care of your belongings during your procedure.</li> <li>● If a locker is needed, please contact a member of your care team.</li> </ul> <p><b>Designated contact</b></p> <p>Please <b>provide the name and cell phone number</b> of your designated support (contact) person. They will be asked to remain in the guest waiting area for phone call updates.</p> <ul style="list-style-type: none"> <li>● You will receive a card with a case number. Your loved ones can follow your progress on the tracker board in the guest waiting area with this.</li> </ul>	<ul style="list-style-type: none"> <li>● Your comfort, vital signs and procedure site will be monitored.</li> <li>● Your post-procedure recovery and bed rest time will be one to six hours (depending on your procedure).</li> </ul> <p><b>Pain management</b></p> <p><b>Managing your pain is an important part of your care.</b> Make sure you keep us updated on how you are feeling throughout your stay. We may not be able to eliminate all pain, but we will do our best to manage it.</p> <p><b>Updates &amp; visit</b></p> <ul style="list-style-type: none"> <li>● The Recovery Room team will call your designated support person with periodic updates and your room assignment.</li> <li>● Your physician will also provide updates to your designated support person.</li> </ul> <p><b>Overnight stays</b></p> <p>If you stay overnight, you are welcome to have <b>one guest</b> stay with you. Bedding and a pillow will be available for the fold-out couch.</p>	<p><b>Discharge</b></p> <ul style="list-style-type: none"> <li>● Before you are discharged from the hospital, we will:           <ul style="list-style-type: none"> <li>● Review your medications</li> <li>● Go over self-care expectations</li> <li>● Create a follow-up appointment plan</li> <li>● Answer any questions about your care and recovery</li> </ul> </li> </ul> <p><b>Traveling home</b></p> <ul style="list-style-type: none"> <li>● You will be escorted to your vehicle by our hospital team.</li> <li>● A responsible adult must transport you from the hospital. You will not be permitted to drive yourself or be discharged without adult assistance.</li> </ul> <p><b>Follow-up</b></p> <ul style="list-style-type: none"> <li>● You will receive a courtesy phone call from a nurse two to three days after your hospital discharge.</li> <li>● You will receive a Patient Evaluation Survey by mail or email. Please complete it, as your feedback helps us to continue providing our patients with excellent care.</li> </ul> <p><b>We hope your care team exceeds your expectations.</b></p> <p><b>Thank you for allowing us to be a part of your healthcare journey.</b></p>





## Preparing for your procedure at Baylor Scott & White Heart and Vascular Hospital - Waxahachie

**Thank you for choosing us for your upcoming procedure or surgery. It is our privilege to care for you.**

In keeping with recommendations from the Centers for Disease Control and Prevention, our goal is to reduce unnecessary trips from your home prior to your procedure or surgery.

We've arranged for most of the pre-procedure process to be efficient and expedient. Our goal is to ensure that the day of your procedure runs smoothly and promotes a more restful day.

### **Registration team**

You will be contacted by the Baylor Scott & White Health Pre-Registration team prior to your appointment to complete pre-registration. Completing this will expedite the registration process prior to your appointment at BSW Heart and Vascular Hospital.

Should you wish to call the Pre-Registration Team to complete the pre-registration at a time convenient to you, please call 844-211-1790.

Price estimates can also be received by contacting the Centralized Access Services department at 833-693-7157. A valid procedure code may be required. Please partner with your doctor's office and/or Baylor Scott & White Health scheduler to receive this information. The Centralized Access Services team can accept payment over the phone, should you elect to do so, if not, the Patient Access Services team can secure payment on the day of your procedure or surgery. Baylor Scott & White Health offers financial assistance and payment plans to those who qualify. Should you want to be screened, please contact the Baylor Scott & White Financial Counseling team at 214-820-8004.

## Upon your arrival

Please check in with the Patient Access Services team on the ground floor to complete your registration. A review of your demographic and insurance information will be completed as well as a review of a few compliance and regulatory documents needed prior to your appointment. Items need during your registration are:

- ▼ Insurance card and driver's license
- ▼ Emergency contact information (name, address, telephone number)

At the completion of your registration, an Access Services Representative will provide you with your armband and will escort you to your appointment area.

For any questions pertaining to the check-in process, please contact the Access Services department at 469-843-8501.

## Nursing team

A nurse from the scheduling department will document your current and past medical history by telephone. A nurse from our scheduling department will contact you to arrange for any necessary laboratory and screening requirements to complete prior to your procedure or surgery. For questions, please contact 214-820-0128.

## Pre-surgery checklist

### Registration team

- ▼ Pre-registration forms
- ▼ Insurance pre-authorization
- ▼ Financial arrangements

### Nursing team

- ▼ Pre-admission clinical assessment
- ▼ Pre-admission lab testing arrangements, if needed
- ▼ Procedure/surgery arrival time confirmation

We hope limiting your exposure outside of your home during this process provides you peace of mind and assurances that your safety is a top priority for your care.



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2360 N Interstate 35E | Waxahachie, TX 75165

[BSWHealth.com/WaxahachieHeart](https://www.BSWHealth.com/WaxahachieHeart)

**469.843.8500**

# UNDERSTANDING YOUR HEALTH JUST GOT EASIER



## What is Emmi?

Emmi® is a series of free, online programs that walk you through important information about a health topic, condition or procedure. You can watch Emmi programs as many times as you like and you can share them with your family and friends.

## Learn More About Your Health

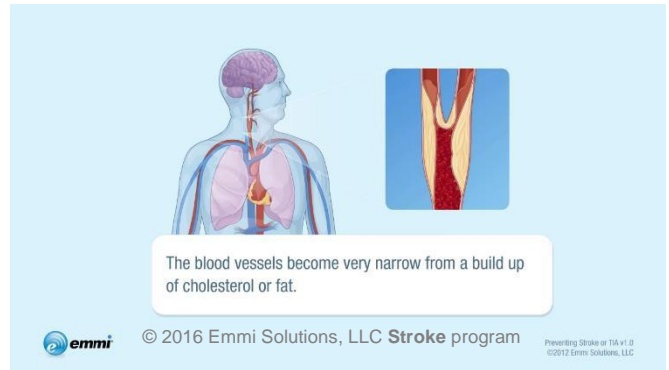
Doctors try to explain everything about your health but sometimes it gets confusing. Emmi programs help to answer your questions and make you feel more at ease. You are the most important member of your health care team, so you should have all the information you need.

You can also expect a phone call or email from Emmi with instructions on how to view your program!

## Ask About Emmi Programs



© 2016 Emmi Solutions, LLC Diabetes program



© 2016 Emmi Solutions, LLC Stroke program



Empowered People | Improved Relationships | Healthier Populations

# Patient & Family Education

## Pre-Procedure and Surgery

### COVID-19 Information

At Baylor Scott & White Health, our priority is the safety of our patients, healthcare team members and the communities we serve.

#### • What are the symptoms of COVID-19?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Sore throat
- Muscle pain
- Nausea or vomiting
- Diarrhea

#### • What if I start having symptoms or test positive for COVID-19 a week before my scheduled procedure?

Please call your doctor's office or clinic. Tell them when your surgery or procedure is scheduled and ask them to tell your doctor that you have symptoms of COVID-19. Stay home and do not come for your surgery or procedure unless told to by your doctor.

#### • What can I do to protect myself from COVID-19 before my surgery or procedure?

In the days before your surgery or procedure is scheduled:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to a public place or after blowing your nose, coughing, or sneezing
- Use alcohol-based hand sanitizer if soap and water are not available
- Do not touch your eyes, nose, or mouth with unwashed hands and avoid close contact with people who are sick

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counters, handles, desks, phones, keyboards, toilets, faucets, and sinks

### • What safety steps are in place to protect me?

- Baylor Scott & White is committed to getting you back to better.
- We have rigorous infection prevention measures in place, and will continue monitoring local and national health conditions, adjusting our policies accordingly.
  - Patients will be screened for infectious disease symptoms at registration. Patients who experience any symptoms will be expedited to a designated area.
  - Masks are optional for patients, visitors and team members. Masks will continue to be required in areas where clinically appropriate as directed by infection prevention measures.
  - Those with respiratory symptoms should continue to wear surgical masks.
  - We use enhanced cleaning in our hospitals, surgery centers and clinics.

### • What if I have other questions about COVID-19?

- Go to [BSWHealth.com/coronavirus-information](https://www.bswhealth.com/coronavirus-information)
- Contact your primary care doctor or provider
- Go to [CDC.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

The information provided herein is considered educational and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

# Welcome to specialized heart and vascular care

A new patient guide



**Baylor Scott & White**

**HEART AND VASCULAR HOSPITAL**

**WAXAHACHIE**

*Joint ownership with physicians*

*Part of Baylor Scott & White Heart and Vascular Hospital – Dallas*



## Welcome

Welcome to Baylor Scott & White Heart and Vascular Hospital – Waxahachie. Our focus is you. Our priority is your care and your comfort.

We believe that the more informed you are as a patient, the more confident you will be during your hospital stay. We want you to know what to expect and what services are available to help make your hospital experience as positive and as comfortable as possible. Never hesitate to ask questions. Your Baylor Scott & White Health team is here to serve you. We are committed to providing you with quality, specialized treatment and individualized, compassionate care.

Thank you for choosing Baylor Scott & White Health for your heart and vascular needs. We care for you!



## Getting started

<b>About us</b> .....	4
<b>Your patient experience</b>	
Day of your procedure .....	7
In your room.....	9
Personal belongings.....	9
Visitation guidelines.....	10
Estimated procedure times .....	10
<b>Your role on the healthcare team</b>	
Pain management.....	11
Speak Up™ .....	12
Infection control .....	14
Avoiding falls .....	15
<b>Our hospital services</b>	
Patient concerns .....	17
Nutrition services.....	18
Chaplain services and chapel.....	18
Hospital bills and insurance .....	20
Group support and education.....	21

## About us

Located on the campus of Baylor Scott & White Medical Center – Waxahachie, Baylor Scott & White Heart and Vascular Hospital – Waxahachie is dedicated to the care and treatment of heart and vascular patients. Baylor Scott & White Heart and Vascular Hospital – Waxahachie is a part of Baylor Scott & White Heart and Vascular Hospital – Dallas, the first dedicated cardiovascular hospital in North Texas with nationally recognized care and treatment options for patients. The leadership for this collaborative program are committed to providing cardiology services close to the residents of Ellis and surrounding counties.

### Our mission

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

### Our ambition

To be the trusted leader, educator and innovator in value-based care delivery, customer experience and affordability.

### Services

**Interventional cardiology** – The medical professionals in our interventional cardiology department are highly skilled at diagnosing a wide range of cardiac disorders using minimally invasive techniques, such as angiography, angioplasty and stenting, and minimally invasive repair of congenital heart defects.

**Imaging and non-invasive cardiology and vascular services** – The cardiologists on our medical staff are dedicated to the quick and accurate diagnosis of heart disorders using non-invasive techniques, including ultrasound,

electrocardiography and stress tests. Diagnostic tests may be performed at Baylor Scott & White Medical Center – Waxahachie through the Imaging/Radiology Department. Vascular surgeons on the medical staff may use non-invasive techniques to help diagnose or treat a vascular disorder.

**Vascular surgery** – You may be scheduled for a procedure with a vascular surgeon. The vascular surgeons on the medical staff of Baylor Scott & White Medical Center – Waxahachie are known for their minimally invasive treatments for arterial blockage of the arms, legs, kidneys and other blood vessels, as well as disorders of the venous system.

**Cardiac and pulmonary rehabilitation** – The team at Cardiac and Pulmonary Rehabilitation – Waxahachie can help you recover from a cardiovascular event, such as a heart attack, as well as cardiovascular procedures, including bypass surgery, angioplasty and stenting. Additionally, the team aids in recovery for pulmonary issues, including COPD. Individuals diagnosed with a respiratory illness or chronic condition that affects daily activities can also benefit from pulmonary rehabilitation.

The multi-phased program utilizes an interdisciplinary team of medical professionals to create an individualized treatment plan with specific education and physical activity. Our goal is to help you develop a healthy lifestyle plan. Your heart-healthy plan will include major components of physical activity, education, stress management and nutrition counseling. Monitored physical activity increases the efficiency of your heart and lungs and strengthens your muscles, helping you return to a normal lifestyle.



The team on the Waxahachie campus works closely with therapists and nurses of the Dallas founded Return to Work Lab™. The Return to Work Lab and its associated protocols is the only one of its kind in North Texas, and follows industrial athletes and those with jobs that require higher intensity levels after heart procedures to evaluate when their heart is physically ready to return to work. Graduates of the program have included firefighters, police officers, military personnel, warehouse and manufacturing workers and others.



## Your patient experience

### Day of your procedure

**Access services** - Your day begins by checking in to the Guest Services Desk on the first floor. Soon after your arrival and check-in, an Access Services team member will escort you to a private booth area for your registration process. Upon completion of the check-in, you will proceed to the elevators and instructed to go to the second floor reception area.

**Day surgery area** - On the second floor, a day surgery team member will greet you and bring you and your one designated support person/family member to a room where staff will obtain your vital signs and complete a patient assessment, which may include drawing labs and performing an electrocardiogram (ECG). You will sign another set of consent forms at this time. An IV may be started in this room by your nurse.

**Belongings** - We ask the designated support person/family member to hold on to your belongings. We request that you not bring any valuables to the hospital.

**Wait time** - Your procedure start time will be determined by the type of procedure and when the previous case finishes. While you wait, we will update you as to when your procedure will begin. Please keep in mind that medical emergencies take priority and may also delay the start of your procedure. We invite your designated support person/family member to wait with you in your pre-procedure room.

**Pre-procedure** - When you leave this room, we will direct your designated support person/family member to the waiting area.

**Procedure areas** – Once you are in the appropriate procedure area, we will tell your family members the approximate length of your procedure. Once your procedure is complete, a staff member will transport you to the recovery area, and your physician will talk with your designated support person/family member in a consultation room adjacent to the waiting room.

**Recovery** – Once your procedure is complete, you will be brought to the recovery area where you will be closely monitored as you “awaken” from anesthesia. The length of time spent in recovery depends on the type of procedure performed, your response to surgery and anesthesia, and your medical condition. Your stay may be as little as one hour or as long as six hours.

**Recovery visitation** – When you are ready to see your designated support person/family member, a hospital staff member will escort he/she to the recovery area for a visit. Children under the age of 16 are not allowed in the recovery area.

**Post-procedure** – If you are returning home or spending the night after your procedure, a transporter will take you to a post-operative room. We will notify the person who came with you of your room location and estimated time of arrival. After your procedure, you will be allowed to eat a snack or heart-healthy meal. Your designated support person/family member may wish to purchase food from the hospital’s Crossroads Café.

**Overnight** – One person may spend the night with you in your patient room. Throughout the night, staff members will monitor your care and will perform tests to make sure you are recovering without complications.

**Children as visitors** – Please check with the hospital or the pre-admit team prior to your procedure regarding the current visitation policy. Generally, when children are allowed to visit, an adult must accompany children at all times. Children who have an infectious illness or have been recently exposed to an infectious disease

are not allowed in any patient care area. Children who are not visiting a patient must wait with an adult in a designated waiting area.

**Discharge** – Once you have met the criteria and your discharge paperwork is complete and signed, you may leave the hospital.

**MyBSWHealth** – Our MyBSWHealth app lets you manage your health record online anytime. Visit [BSWHealth.com/MyBSWHealth](https://www.bswhealth.com/MyBSWHealth) for more information.

### In your room

**Patient bed** – Your patient bed is designed for your comfort and safety. With an electrical control, you can raise or lower the foot and head of your bed. For your safety, your bed’s side rails may be kept up at night and after you receive anesthetics or medication. Use your side rails for support when getting out of bed, even when you begin to feel better. **Never hesitate to ask for our help first before getting out of bed.** Use your bedside call button to ask for nursing assistance.

**Smoking** – As a designated “no smoking facility,” the hospital complies with city and state ordinances and those required by The Joint Commission. To promote a heart-healthy environment, smoking is not permitted.

**Telephone** – To reach the hospital’s main number, call 469.843.8500. In your room, to reach a department within the hospital from your room dial 41 plus the last four digits of the department. (See listing at the end of this book.)

### Personal belongings

**Valuables** – You may use your room’s closet for your personal belongings. We ask that you keep only those personal belongings that are essential to your care while in the hospital.

We do not accept responsibility for valuables left in your room, and we encourage you to give any extra money, medication, credit cards, wallet and jewelry to a family member or close friend to take home.

**Eyeglasses, dentures and hearing aids** – Take care not to leave your eyeglasses, dentures and/or hearing aids on your meal tray or on your bed. They may be accidentally disposed of or lost. Please tell your nurse if you wear dentures. He or she will give you a special container to keep them safe.

**Lost and found** – Items found on hospital premises are turned into Guest Relations or to the Public Safety office. This includes items that patients and visitors accidentally leave in rooms. Contact Public Safety at **214.820.4444**.

**Visitation guidelines**

Children 16 years old and younger may not visit patients in recovery.

**Overnight guests** – One person may spend the night with you in your patient room. If your family members would like to stay at a nearby hotel, staff members are happy to recommend several.

**Children** – An adult must accompany children at all times. Children who have an infectious illness or have been recently exposed to an infectious disease are not allowed in patient care areas. Children who are not visiting a patient must wait with an adult in designated waiting areas.

**Estimated procedure times**

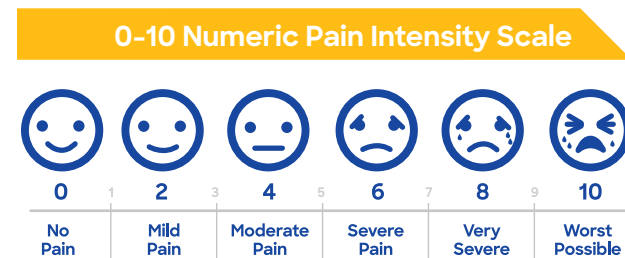
Cardiac & endovascular	
Diagnostic cardiac and peripheral angiogram	30 – 60 min
Diagnostic cardiac and peripheral angiogram with angioplasty	45 – 90 min

**Your role on the healthcare team**

**Pain management**

Your care and comfort is our top priority at Baylor Scott & White Heart and Vascular Hospital. If you experience pain during your hospital stay, we want to know. You have the right to have your pain managed effectively. Please review the *Guide to Your Care* brochure given to you during the admission process.

Ask your doctor what pain you should expect after your procedure. Everyone’s pain is different. We use a scale of 0-10 to determine your level of pain.



Your comfort is important to us. Please tell a staff member when you are in pain, where your pain is and whether your pain comes and goes or is constant. We want to establish a pain level that you can tolerate, and we understand that your pain level can change during the day or night.

Controlling your pain helps you recover faster. Do not wait to request medication until the pain becomes intolerable. You will receive your pain medication either in the form of pills or a shot, or injected through your intravenous (IV) line. There are times when more than one type of medicine will be used simultaneously to relieve your pain. In some cases, a PCA (patient-controlled analgesia) or epidural infusion may be used to control pain. Please discuss these methods in more detail with your doctor or nurse.

Tell your doctor or nurse of any side effects that occur, such as constipation, nausea or itching.

Remember that tension and anxiety can make your pain worse. Besides medication, there are other methods you can use to help reduce your pain, including relaxation, mental imaging, positioning, music, heat and/or cold. Asking a nurse to help reposition you is often a very effective method for reducing pain.

### Speak Up™

You play a vital role in your care. We want you to be an active, involved and informed participant on your healthcare team. Research shows that patients who take an active role in decisions about their healthcare are more likely to have a better outcome. The “Speak Up” program, sponsored by The Joint Commission, gives you simple advice on how you, as the patient, can make your care a positive experience.



### Speak Up and participate in treatment decisions. You are the center of your healthcare team. It's important that you:

- Know who will take care of you, how long the treatment will last, how you should feel and exactly what will be done in each step of your care.
- Ask your doctor what a test or medication will likely achieve.
- Give a complete picture of your health history to your healthcare team. Share copies of your medical records from previous hospitalizations. Report your allergies to a member of your healthcare team.

### Speak Up about your questions or concerns. If you don't understand, ask again. It's your body, and you have a right to know. For your safety:

- Ask the doctor to mark the area that is to be operated on before your surgery.
- Tell the nurse or doctor when you think you are about to receive the wrong medication.



- Tell the healthcare professional when you think he or she has confused you with another patient.

### Speak Up and ask a trusted family member or friend to be your advocate. Your advocate can:

- Help you review consent forms and understand them before signing
- Stay with you overnight at the hospital and check that you receive the right medications and treatment when you are resting or you do not feel well
- Remember answers to questions you have asked and speak up for you if you cannot
- Understand and carry out your preferences concerning resuscitation and life support

**Speak Up about your care. Pay attention to the care you are receiving. Make sure you are receiving the right treatments and the right medications by the right healthcare professionals.**

**Pay attention and:**

- Expect healthcare workers to introduce themselves and wear an identification badge.
- Make sure your doctor or nurse confirms your identity (i.e., checks your wristband, asks your name) before giving you any medication or treatment.
- Know the time of day you receive your medication. Tell your doctor or nurse when it doesn't happen.

**Speak Up about the medication you take. Know what you take and why you take it. You can help avoid medication errors when you:**

- Tell your doctors and nurses about allergies or past negative reactions before receiving a new medication.

- Verify that a medication you do not recognize is for you.
- Ask about oral medications before swallowing and read the contents of bags of intravenous (IV) fluids.
- Ask the nurse how long it takes for a bag of IV fluids to empty. Tell the nurse when the dripping seems too fast or too slow.
- Ask your doctor or pharmacist about the safety of taking multiple medications, including vitamins, herbal supplements and over-the-counter drugs.

### Infection control

Everyone would like to avoid the common cold, strep throat and influenza (“the flu”).\* No one enjoys getting sick. You can help protect yourself from infectious diseases. Here are three easy ways to help you fight the spread of infection while you are in or out of the hospital:

\*Note: Remember to get a shot to prevent this disease or infection.

### Clean your hands.

- Use soap and warm water and rub your hands vigorously for at least 20 seconds.
- Rub an alcohol-based hand sanitizer all over your hands, especially under your nails and between your fingers, until your hands are dry.
- Clean your hands before touching or eating food and after using the bathroom, taking out the trash, changing a diaper, handling money, or playing with a pet.
- Ask healthcare professionals if they've cleaned their hands before treating you.

### Cover your mouth and nose.

- Use a tissue when sneezing or coughing, and then clean your hands. Keep tissues handy at home, at work and in your pockets.
- Cover your mouth and nose with the crook of your elbow or with your hands when you don't have a tissue. Again, wash your hands afterward.

Note: Masking guidelines may change based on CDC recommendations.

### Avoid close contact.

- Stay home if possible and keep away from other people when you have a fever or other symptoms of a contagious illness.
- Call before you go for medical treatment and ask what precautions you should take to avoid infecting people in the waiting room.

Following these steps also helps prevent the spread of infection from diseases such as pneumonia,\* influenza,\* tuberculosis, mumps, measles and rubella (“German measles”), whooping cough\* and chicken pox.\*

\*Note: Remember to get a shot to prevent this disease or infection.

### Avoiding falls

At Baylor Scott & White Health, we focus on keeping you safe and maintaining your health. During your hospital stay, you may be at risk of falling because of the unfamiliar environment, medications, and because of your medical procedure or surgery. Your medical diagnosis as well as your disease process may also put you at risk.

“**Call ... Don’t Fall**” is an easy way to remember that we are here to help you. Ask for nursing assistance before risking a fall.

**Tips to help you avoid a fall:**

- Use the call button and always ask for nursing assistance before getting in or out of bed or a chair.
- Get up slowly from your bed or chair.
- Sit on the side of your bed for a few minutes before standing.
- Wear slippers or shoes with nonskid soles.
- Turn on lights when getting out of bed at night.
- Use caution when bending or leaning to pick up things.
- Tell the nursing staff immediately

when a spill occurs.

- Keep your phone, call button and any items you may need within easy reach. Tell the nurse when you need help with these items.



## Our hospital service

**Patient concerns** – Staff members of Baylor Scott & White Heart and Vascular services as well as Baylor Scott & White Medical Center – Waxahachie want to answer your questions and address any concerns you may have regarding your hospital stay. We are all here to serve as your patient advocate. If your concerns have not been resolved by team members or leadership for the department or unit involved, please contact Patient Relations at **1.866.218.6919** or [PatientRelations@BSWHealth.org](mailto:PatientRelations@BSWHealth.org).

**Special services for disabilities** – Baylor Scott & White provides aids to better serve persons with hearing, speech, manual and/or mobility impairments.

The following special services are available through guest services or you may ask your nurse to make arrangements:

- Hearing: A portable hand-held amplifier, TTY devices

- Speech: Deaf Action Center (sign language) assistance, writing materials and communication boards
- Manual: Wheelchairs, personal assistance
- Mobility: Physically accessible entries, ramps, elevators and parking

**Translators** – Interpreting services for non-English speaking patients are available through guest services. The hospital can provide on-site translators as well as telephone translating services for patients and visitors.

**Security escorts** – Security escorts are available 24 hours a day. To request an escort, please call **214.820.4444**.

## Nutrition services

**Patient meals** – Nutrition services specializes in meeting and exceeding patient expectations. Your menu offers food selections that meet your doctor’s orders for your overall health and well-being.

**Baylor Scott & White – Waxahachie Crossroads Café** – Family members and guests may enjoy purchasing breakfast and lunch at the Café. The café offers hot and cold food selections in the hospital’s first floor lobby.

**Outpatient nutrition counseling** – Nutrition services offers outpatient nutrition counseling to help you manage heart disease and improve your post-procedure diet. With this outpatient service, you will meet with a registered, licensed dietitian and discuss how to best manage your particular health concern with nutrition. Your doctor may refer you to this outpatient service or call **469.843.4094** for more information.

## Chaplain services and chapel

**Chaplain support** – Emotional and spiritual support can be an important part in healing. Chaplains help by providing specialized support in the hospital. If you have a need, such as calling your own clergy, the chaplain can help. Feel free to ask a nurse to page the chaplain or call **469.843.4052**.

**Advance directives** – Advance directives speak for us when we cannot speak for ourselves. They tell your doctors the kinds of treatments you would or would not want if you were irreversibly or terminally ill. Advance directives also indicate if you have appointed someone to make treatment for you. Advance directives may reduce unwanted treatment for you or your loved one; they may guide your family—and reduce significant guilt—if they have to make a hard decision about your care; and, finally, they might reduce family disagreements. People often say, “my family knows what I want,” but this may become a challenge when the stakes become life.

Advance directives are not just for sick people. If you can drive, you should consider creating one. In preparation for your arrival, please bring along your advance directive (or a copy). We will ask you if you have an advance directive when you arrive. We will make a copy of it and then give you back the original. We will put the copy on your chart.

One free, convenient way to create a directive before your arrival at our hospital is to go to MyDirectives.com. If you have an iOS device, you can also download the MyDirectives Mobile™ app. If you have questions or prefer paper forms, chaplains can assist you while you are here. If you want to complete a Directive to Physicians or Medical Power of Attorney, please call for chaplain assistance at **469.843.4052**. Please bring a copy with you.

**Social services** – Your healthcare demands may either temporarily or permanently change your social functioning skills. While you are at Baylor Scott & White – Waxahachie, a social worker can

assist you with any psychosocial needs that may relate to your social support system, financial resources, coping skills, substance abuse, physical abilities and more. If needed, a social worker will help you and your family with discharge planning options, including those available when moving to a different level of care within the hospital or community. If you would like to speak with a social worker, ask your nurse for assistance.



## Hospital bills and insurance

**Your hospital bill** – Baylor Scott & White Health is responsible for submitting bills to your insurance company. We will do everything possible to expedite your claim.

Please remember that your insurance policy is a contract between you and your insurance company, and you have the final responsibility for payment of your hospital bill. We have several payment options available to assist you in paying your bill. For questions about your bill, payment options or to request an itemized statement, contact Centralized Billing Office at **800.725.0024**.

**Insurance** – Knowing the terms of your insurance coverage helps you as a patient understand the hospital's billing procedures and charges. If you have health insurance, you will give a copy of your insurance card and any insurance forms to the Access Services representative helping you check in on your procedure day. If you do not have insurance, an Access

Services representative will discuss financial arrangements with you and can assist you in applying for financial assistance.

**Additional bills** – You will receive a separate bill from your private physician and any consultant, radiologist, pathologist or anesthesiologist involved in your care. They are independent practitioners who bill for their service, and their charges are not included in your hospital bill.

## Group support and education

Providing emotional support for our patients and their families is another way Baylor Scott & White Health shows compassionate care. Programs are regularly provided virtually (or in person post-pandemic) and are available for individuals and families pre- and post-cardiac procedure. For more information about a support group or education program that is right for you, call **1.844.BSW.DOCS**.

**Leap for Life®** – Twice a month, virtual classes are offered on various topics for managing heart disease for Baylor Scott & White heart patients and their families.

**Wired for Life®** – This class is for patients who have received an implantable cardioverter defibrillator (ICD), as well as for their families. A team of electrophysiology nurses from Baylor Scott & White Heart and Vascular Hospital – Dallas offer this class six times a year.

## Cardiac and pulmonary rehabilitation program –

Cardiac and pulmonary rehabilitation is a personalized, comprehensive program that includes monitored exercise sessions, education and support to help you and your family members cope with heart disease or diseases of the lungs. You will work with a team of medical professionals to create a program of individualized and specific physical activity as well as education. Our goal is to help you develop a healthy lifestyle plan.

Your heart-healthy plan will include major components of physical activity, education, stress management and nutrition counseling. Monitored physical activity increases the efficiency of your heart and lungs and strengthens your muscles, helping you return to a normal lifestyle.



## More resources for you

### Baylor Heart Center app

Explore helpful features in the Baylor Heart Center app including registering for classes and events, medication tracking, hospital maps and 360-degree tours, finding a physician, relaxing with guided meditation sessions, and more.

#### Search: Baylor Heart Center



Please note: prior to your procedure and hospital stay, if you need assistance with information about your procedure day, please contact this number: **214.820.0128**.



### Helpful telephone numbers for the Waxahachie campus

1st Floor Reception/Registration ...	<b>469.843.8501</b>	Hospital Information/Operator .....	<b>469.843.8500</b>
Cardiac and Pulmonary Rehabilitation.....	<b>469.843.7260</b>	Nursing Station Prep and Recovery.....	<b>469.843.8560</b>
Chaplain's Office .....	<b>469.843.4052</b>	Nursing Station PACU .....	<b>469.843.8590</b>
Diagnostic Imaging.....	<b>469.843.5100</b>	Public Safety .....	<b>469.843.4444</b>
Guest Relations .....	<b>866.218.6919</b>	Scheduling for Baylor Scott & White Heart and Vascular Hospital - Waxahachie .....	<b>214.820.0128</b>
Gift Shop.....	<b>469.843.4090</b>	Volunteer Services .....	<b>469.843.4032</b>
Health Information Management/Medical Records .....	<b>214.820.0657</b>		

[BSWHealth.com/WaxahachieHeart](https://www.bswhealth.com/waxahachieheart)  
1.844.BSW.DOCS (1.844.279.3627)



## Baylor Scott & White

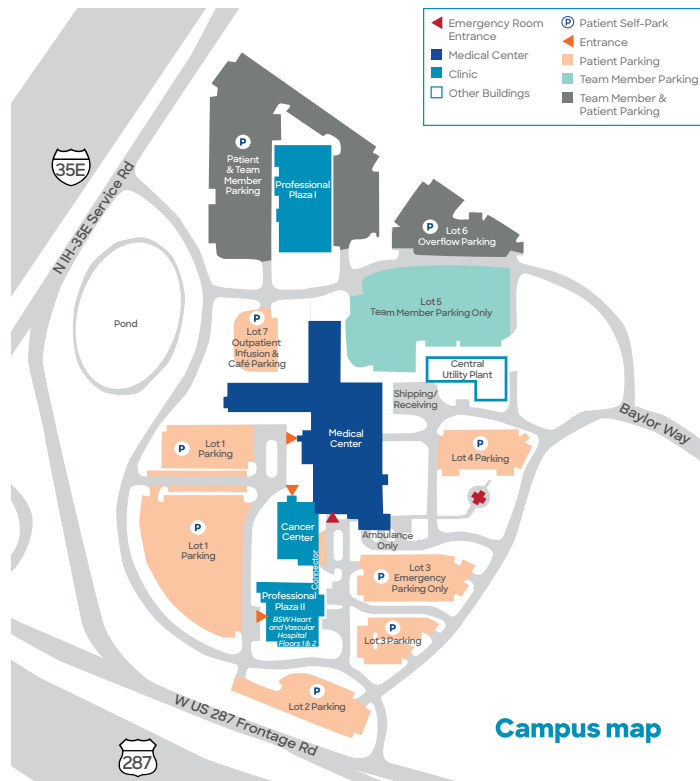
HEART AND VASCULAR HOSPITAL

WAXAHACHIE

*Joint ownership with physicians*

*Part of Baylor Scott & White Heart and Vascular Hospital – Dallas*

2360 N. I-35E.  
Waxahachie, TX 75165



Campus map

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# Campus map

