

# 4 Your Hospital Stay



## Medical treatment



- The doctor in charge of outpatient services and the doctor in charge of your hospital ward may be different.
- Receive explanations about your disease, tests, and procedures from your doctor or nursing staff.
- If you have any problems or requests, please ask your doctor or nursing staff.

## Meals

- We provide your meals during your hospital stay. Each meal costs ¥460.  
(This does not apply, however, if your medical expenses are not covered by insurance such as childbirth or if your household is exempt from municipal tax.)
- For patients who receive regular meal A (standard meal), we provide a menu from which they can select a meal for lunch and dinner from Wednesday to Friday. A menu is also displayed in the hospital wards. If you would like, fill in the required information on the prescribed form to select your meals.  
※**Please notify our staff if you have any food allergies or medication side effects.**  
**Please note that we cannot respond to your requests based on preferences (likes and dislikes).**

## Daily life during your hospital stay



Waking up: 6:00 a.m.	If you wake up before 6:00 a.m., please be quiet so as not to disturb other patients.
Morning tests	We collect blood and urine samples from patients who have received an explanation in advance.
Body weight measurement	We measure your body weight regularly.
Meals 	Breakfast: around 8:00 a.m.; Lunch: after 12:00 p.m.; Dinner: after 6:00 p.m. These times may vary depending on the serving conditions. We provide meals according to the patient's condition as part of our medical treatment. Meals may not be provided or may be served late for patients who have surgery or tests. In such cases, we will notify you in advance. Clear the table after putting away your own utensils such as chopsticks, spoons, and forks. A toaster oven installed in the cafeteria of each hospital ward is available for use. If you have any questions or problems regarding meals, please feel free to contact us.
Medicines	Use medications as instructed by the doctor in charge during your hospital stay. If any other medicine is needed, please consult with the doctor in charge. 
Bath and shower	Take a bath or shower according to the usage time and rules of each hospital ward and with the permission of the doctor in charge.
Bedding	Please use the bed and bedding such as comforters provided by the hospital. (Please refrain from bringing bedding into the hospital room.)
Escorts	Escorts are not necessary since our nursing staff will take care of the patient during hospitalization. However, we may ask that a patient be escorted by family members depending on his or her condition. In the case of infants or toddlers, escorts may stay in the room, if requested by a family member and approved by the doctor in charge.
Bedtime 22:00	After 10:00 p.m., turn off the TV and radio and rest quietly. After the lights are turned off, nursing staff will visit the hospital rooms regularly. If there is a change in your physical condition or anything you need, even at nighttime, please contact the nursing staff using the nurse call system.