

When you arrive

Arrival and parking

- Plan to arrive at least 10 minutes early to register.
- Park free in the Springbrook parking lot, which is under the building.
- For directions and bus information, visit: www.seattlechildrens.org.

Other things to know

Sibling Playroom

A free, supervised playroom for brothers and sisters is on the 4th floor, Ambulatory Care Building on the main hospital campus. Children ages 3 to 11 years old who are potty trained may stay for up to 2 hours at a time on a first-come basis. The playroom is open 8:30 a.m. to noon and 1 to 4 p.m., Monday through Friday. Please allow extra time to make this arrangement and settle your child into the playroom before your appointment start time.

Billing

Unlike private doctors' or health-care providers' offices, Children's clinics are departments of the hospital. You can expect to receive two bills for most procedures done at Children's clinics. One bill is from the health-care provider who does the procedure. The other bill is from the hospital, which bills for items such as supplies, equipment, support staff services and use of the hospital facility.

Clinic Visit Basics: Springbrook Professional Building #1

**4540 Sand Point Way NE, Suite 320
Seattle, WA 98105**

Thank you for choosing Children's. This handout provides important information about your upcoming clinic visit. We care about you and your family. If you have questions at any time about your visit, please let us know how we can help. Please note:

- **If you cannot keep your appointment, call the clinic at 206-987-5629 (Voice) or 206-987-2280 (TTY).**
- **If you are more than 20 minutes late for your clinic visit, we may have to reschedule. Please allow enough time for travel, parking and registration.**

What to bring

Paperwork

- Your *Appointment Reminder Notice*, which provides details about the times and places for each clinic visit.
- Your insurance card(s) and Medicaid medical coupon.
- Your Social Security number.
- This handout, if you need the map.

Medicines

- A list of all the medicines you take, with doses and instructions. Include prescription and non-prescription vitamins, herbs and supplements. Or, you may choose to bring the medicine with you.

What to expect

Visit length

Appointments are long. Plan to be here 1 to 3 hours, depending on how many specialists you will be seeing.

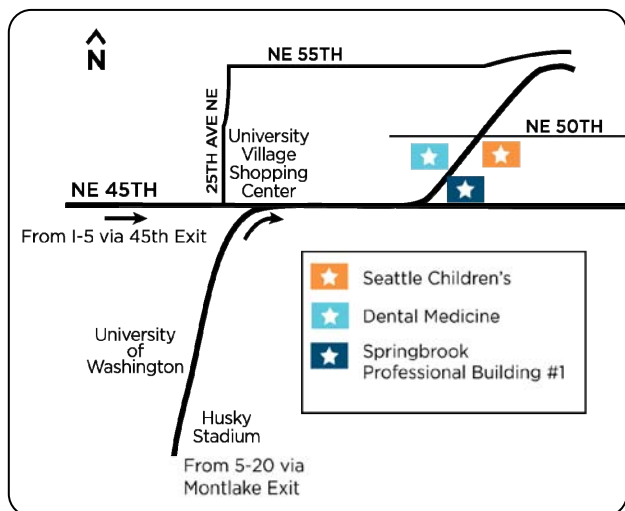
Food and drink

- Feel free to bring snacks or drinks for yourself.
- Please try to limit caffeine intake before your visit.

Sibling care

The length and nature of your visit may make it difficult for younger siblings to attend. If siblings will attend, we recommend bringing another adult to supervise, if possible. Another option is our Sibling Playroom, located on the main hospital campus. If you would like more information, please call the Prenatal Clinic before your visit and allow for extra time on the day you come.

Clinic Visit Basics: Springbrook Professional Building #1



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers: 206-987-2280 (TTY).

Driving Directions

From the north:

- Take I-5 South to exit #169, N.E. 45th St.
- Turn left (east) at the stoplight onto N.E. 45th St.
- Go 1.5 miles, passing the University of Washington.
- At the bottom of the hill, turn left at the stoplight, and continue on N.E. 45th St.
- N.E. 45th St. will bear left, becoming Sand Point Way N.E.
- Turn right at 4540 Sand Point Way N.E.

From the south:

- Take I-5 North to exit #169, N.E. 45th St.
- Stay in the right lane.
- Turn right at the stoplight onto N.E. 45th St.
- Go 1.5 miles, passing the University of Washington.
- At the bottom of the hill, turn left at the stoplight, and continue on N.E. 45th St.
- N.E. 45th St. will bear left, becoming Sand Point Way N.E.
- Turn right at 4540 Sand Point Way N.E.

From the Eastside (Hwy. 520):

- Take 520 West over the Evergreen Point Bridge.
- Take the Montlake Exit (north) for 1.1 miles.
- Bear right onto 45th St., which becomes Sand Point Way N.E.
- Turn right at 4540 Sand Point Way N.E.

From the Eastside (I-90):

- Take I-90 across the Mercer Island Floating Bridge to I-5 North.
- Take I-5 North to exit #169, N.E. 45th St.
- Stay in the right lane.
- Turn right at the stoplight onto N.E. 45th St.
- Go 1.5 miles, passing the University of Washington.
- At the bottom of the hill, turn left at the stoplight, and continue on N.E. 45th St.
- N.E. 45th St. will bear left, becoming Sand Point Way N.E.
- Turn right at 4540 Sand Point Way N.E.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2005, 2007, 2010 Seattle Children's, Seattle, Washington. All rights reserved.

2/10
PI802