

Tips when Having Wolf Minimize in Tokyo

Created by Koko Yabe
(Lynn Whiting's Daughter in law)

About the Hospital

NewHeart Watanabe Hospital is located in the Suginami district of Tokyo.

The nearest train station is Hamada-yama Station on the Inokashira Line.

From SHIBUYA

Train : 13 minutes(157yen)

Taxi : 20 minutes (4,000yen)

From SHINJUKU

Train : 25minutes(157yen)

Taxi: 17 minutes (3,300yen)

When using the Inokashira Line express, you need to change to a local train at Nishi-Eihuku Station to get to Hamadayama.

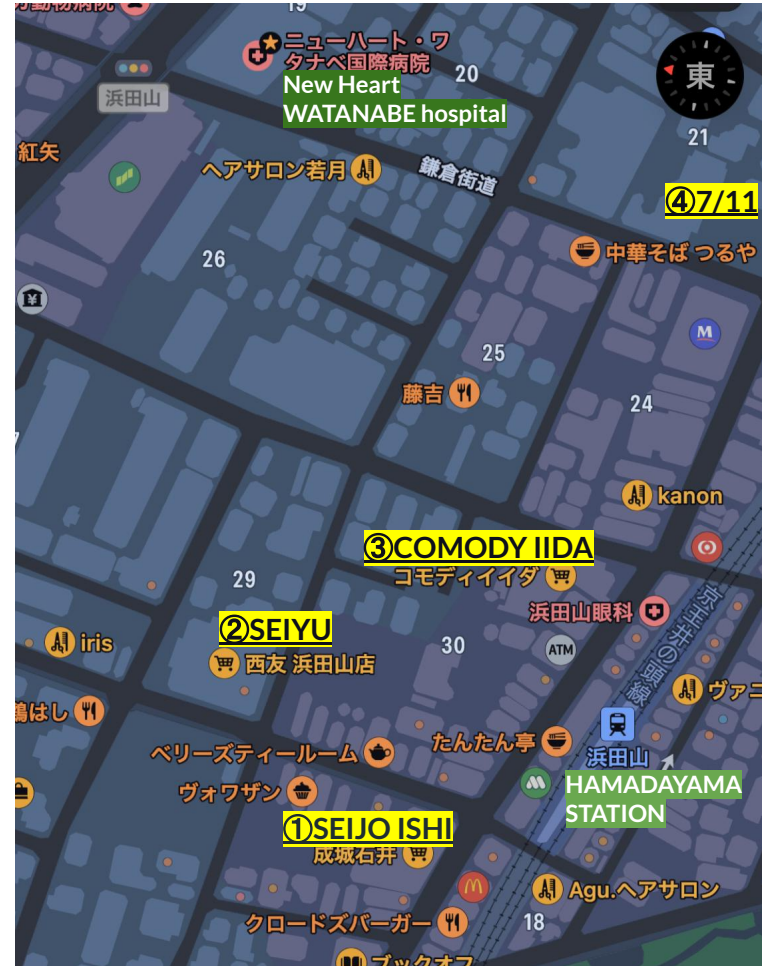


About Hamadayama

Hamadayama is a nice little town. There are 3 decent supermarkets nearby the hospital.

- ① **SEIJO ISHI** sells fresh, deli and foreign products. ★★☆☆
- ② **SEIYU** sells snacks, deli, no fresh. Also have daily necessities. ★☆☆
- ③ **COMODY IIDA** sells fresh, deli. good selection at a reasonable price. ★★★★★
- ④ **Seven-Eleven** does good sandwiches and coffees. ★★★★★

There are also convenience stores, Drug stores, Burger shop, restaurants and cafes around. *Once entered into the hospital, you are not allowed to leave to prevent catching covid-19, ensure you get what you need beforehand.*



Hotels nearby the hospital



Unfortunately, there are no hotels near the hospital. There are many hotels in Shinjuku and Shibuya. If you prefer to be close by, we recommend Shimokitazawa, Ogikubo or Daitabashi.

Maybe check for Airbnb in the area if you need to be close.

About the Hospital: Inside

1st floor: reception desk, operating room.

-Hand sanitizer and temperature checks are required before entering.

- receptionists will tell you which place you need to go.

2nd floor: waiting space, payment desk, examining room(blood, x-ray, etc.)

-Hospital will provide you with a members card which is required in payment

4th floor: rooms

Receptionists, nurses, and doctors were accommodating, but unfortunately, not many people spoke English. We recommend you download a translation app called 'Deep L' to communicate with people in the hospital.

Visits were prohibited to prevent patients catching Covid- 19 at 2022 August.

There is Wifi service in the hospital(little slow)

Before you go into Hospital

TO DO

- Patients need a dental check (Ask the doctor for more information)

Dental problems may prevent you from having the surgery.

- Masks are always required unless you are in the room by yourself

The hospital manual says that shaving of the upper body and some of the lower body is required before surgery, but only the chest and underarms are fine.

Before you go into Hospital

What you need to bring

There are no shops. Washing machines are available,

but there's no washing powders so must buy in advance

Medicines(if you have), underwears,masks,1 pair of sneakers, pen, the monitor,pajamas, bath towels and face towels, tissue box, toothbrush and toothpaste, soaps and shampoo etc, 2 Front-vented diapers, 1 feeding cup, 1 plastic cup with handle, 2 Front-opening pajamas, 2 bottles of water(500ml), 1 pair of sneakers, hair tie (if you have long hair down to your shoulder), 3 masks. If needed, glasses, phone, charger, etc

Stuff you need to bring to your ICU. You will be instructed to write your name on your belongings.

2 Bath towels and 2 face towels, 1 tissue box, toothbrush and toothpaste, 2 Front-vented diapers, 1 feeding cup, 1 plastic cup with handle, 2 Front-opening pajamas, 2 bottles of water(500ml), 1 pair of sneakers, hair tie (if you have long hair down to your shoulder), 3 masks. If needed, glasses, phone, charger, etc

feeding cup looks like this →



Before you go into Hospital

There's a rental set service in the hospital.

Set A: 715yen a day

-Pajama tops + pants, gown, bath towel, and face towel.

Set B: 605yen a day

-Pajama tops + pants and gown.

Set C: 605yen a day

-Bath towel and face towel.

If you order A or B or C, you get these below.

Shampoos, conditioner, body soap, toothbrush+ paste, box tissue, mouth sponge, oral gel, earplugs, eyemasks, earphones, Front-vented diapers, etc

商品は専用工場の洗濯で消毒処理を行います。

Aセット 日額 650円(税込715円)

パジャマ上衣
パジャマズボン
ガウン
バスタオル
フェイスタオル

※1日何回でも着替え可能

Bセット 日額 550円(税込605円)

パジャマ上衣
パジャマズボン
ガウン

Cセット 日額 550円(税込605円)

バスタオル
フェイスタオル

共通消耗品
(A~Cを申し込まれた方対象)

シャンプー・リンス・ボディソープ
歯磨きセット・ボックスティッシュ
マウススポンジ・口腔ジェル・耳せん・
アイマスク・イヤホン・紙オムツ 等

・組合せはお客様により選択頂きます。
・提示金額は日額となります。使用枚数による料金の変動はありません。

ニューハート・ワタナベ国際病院
運営会社：ワタキューセイモア株式会社

サイズ表

基準型	S	M	L	LL
浴衣型	S	M	L	LL
ガウン	S	L		

Flow of staying in the hospital: Lynn's Case

DAY 0: Visit the hospital for checks (PCR, Blood test, CT scans, ECG, etc)

DAY 1: Enter the hospital (Blood test, CT scans, ECG, etc)

DAY 4: Wolf- minimize surgery

DAY 5: ICU (Blood test, X-RAYS, ECG, etc)

We have rejected 2 CT scans!

DAY 6: back to the private room (rehab starts)

DAY 12: Discharged from the hospital

DAY 18: Visit the hospital for checks (PCR, Blood test, CT scans, ECG, etc)

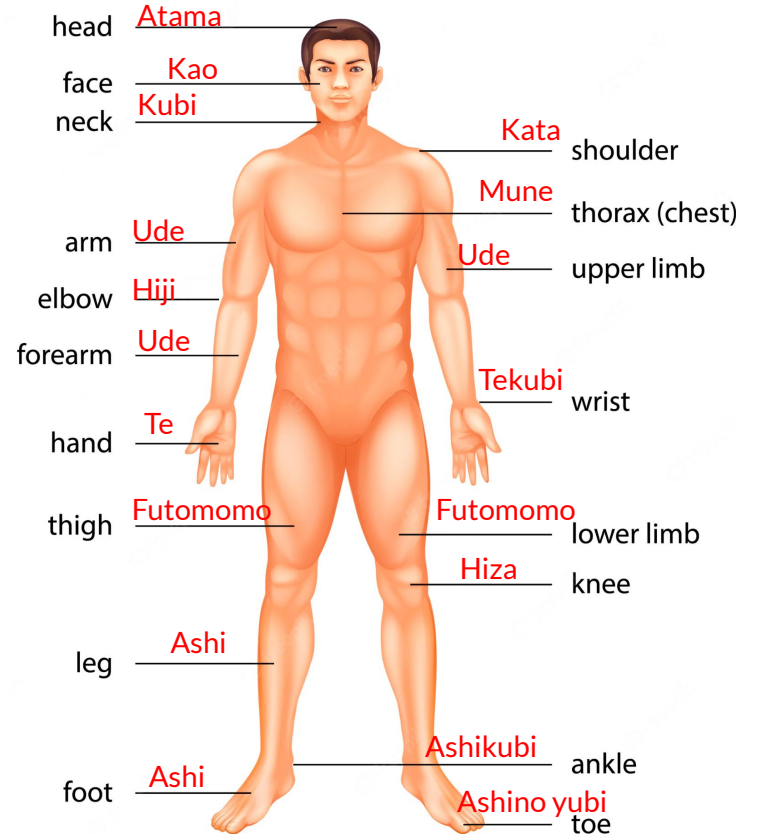
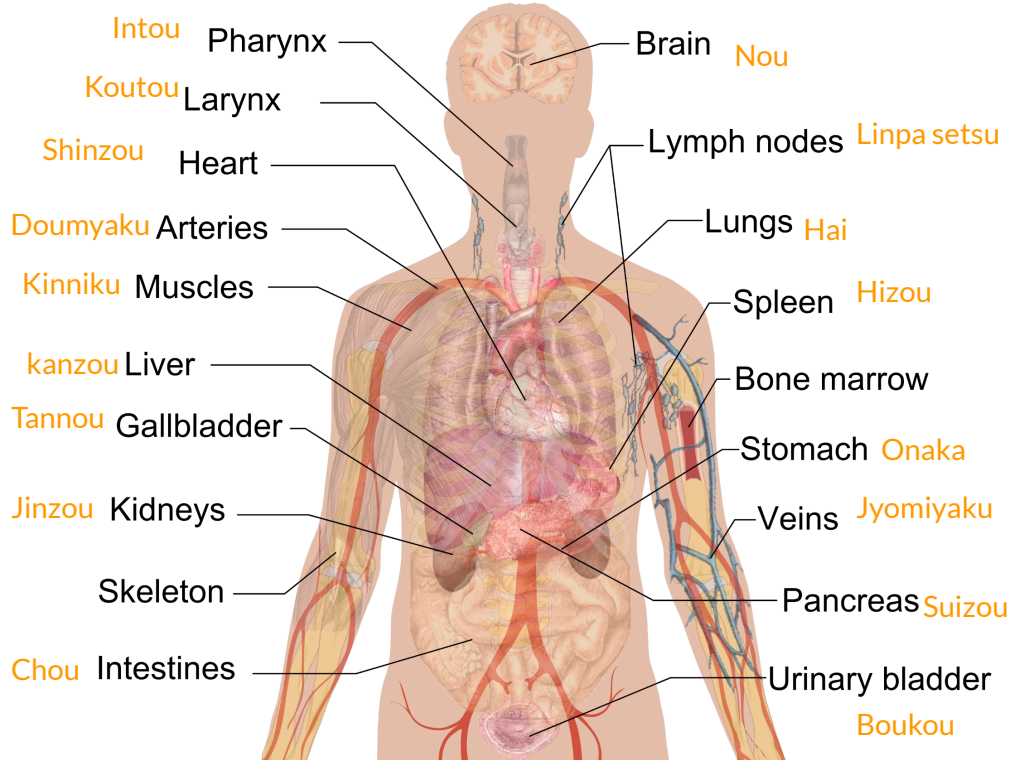
Dr. Otsuka recommend staying in Japan for one month after the surgery.

Useful Japanese words: general

English	Japanese	In Japanese writing
Hello	Konnichiwa	こんにちは
Thank you	Arigatou	ありがとう
Excuse me	Sumimasen	すみません
I'm good	Daijobu desu	大丈夫です
What is this?	Kore wa nani desuka	これはなんですか
I want XX	XX ga hoshii desu	XXが欲しいです
Where is XX?	XX wa doko desuka	XXはどこですか
Please call XX	XX ni denwa shitekudasai	XXに電話してください

Useful Japanese words: Body parts

Internal organs



Useful Japanese words: body conditions

English	Japanese	In Japanese writing
I'm feeling good	Genki desu	元気です
I feel unwell	Choshi ga warui desu	調子が悪いです
I'm in pain	Itai desu	痛いです
I feel nausea	Kibun ga warui desu	気分が悪いです
I'm going to puke	Hakisou desu	吐きそうです
I want to go to toilet	Toile ni ikitai desu	トイレに行きたいです
I can't sleep	Nemure nai desu	眠れないです
Im feeling shaky	Furue ga arimasu	震えがあります

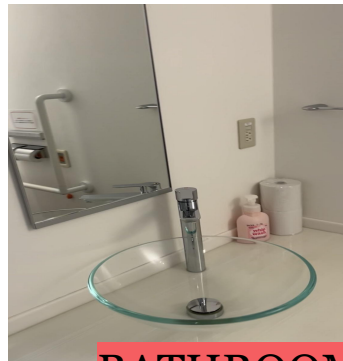
Useful Japanese words: medicines/medical words

English	Japanese	In Japanese writing	
Pain killer	Itami dome	痛み止め(薬)	Panadol,Paracetamol,Caronal
Digestive medicine	Ichou yaku	胃腸薬	
Sleeping medicine	Suimin yaku	睡眠薬	
Antiarrhythmic medicine	Koufuseimyaku yaku	抗不整脈薬	Amiodarone,Ankaron
allergy	arerugi	アレルギー	

Photos



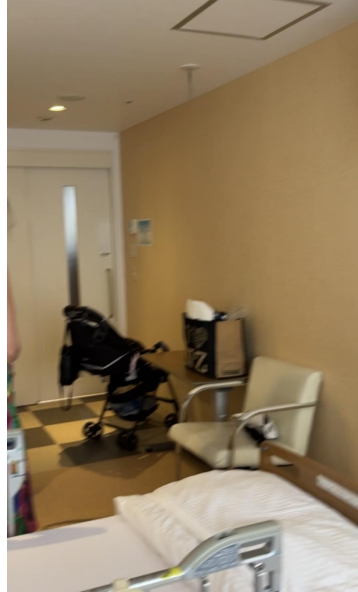
ROOM



BATHROOM



Mini fridge



MEALS



Photos

