



# A Guide to Gender-Affirming Care at Cooperman Barnabas Medical Center

## What to expect:

### Arriving at Cooperman Barnabas Medical Center (CBMC):

Park in the visitor's parking lot outside of the Cooperman Family Pavilion, or valet your car. Enter the main lobby and check in at the front desk. They will show you to Registration.\*

### Registration:

- Registration is responsible for collecting your demographics, including race, ethnicity, preferred language, sexual orientation, and gender identity information and your insurance information.
- Your Patient Access Representative will print your identification band and you will be directed to Pre-Admission Testing on the first floor.

**Pre-Admission Testing (PAT):** Before your surgery or procedure at CBMC, a physical exam and diagnostic testing such as blood work, EKG, stress tests, and chest x-rays may be ordered. Your surgeon and our anesthesia teams will determine exactly what pre-admission testing is needed for you.

- On the day of your pre-admission testing, our technicians and clinicians will guide you through the tests that have been ordered by your surgical team. Testing will take approximately one and a half to two hours.

- In addition, our PAT Department will work with you to optimize your care and provide necessary education. Utilizing the time prior to your surgery, we can address any concerns to enhance your safety and improve your recovery and overall patient experience. PAT is also a great time to get to know the medical center and become more comfortable in the space.

### On the day of your pre-admission testing, please bring the following with you:

- Driver's license or identification and insurance cards.
- A list of allergies.
- A list of medication and dosages you take on a regular basis, including, but not limited to, pain medications, vitamins, herbal supplements and other over-the-counter medications.
- Results of any recent tests, such as a stress test or an echocardiogram, done at other hospitals, physician offices or facilities.
- Name, address and phone numbers of all your doctors, including specialists.
- Any previous problems or reaction to anesthesia, including your family history.
- The name and phone number of your preferred pharmacy.

\* For added convenience, download our "Find Your Way - RWJBH" mobile app ([rwjbh.org/cbmcwayfinding](http://rwjbh.org/cbmcwayfinding)) or use the kiosk in the main lobby to help find your way around the hospital.

[rwjbh.org/coopermanbarnabas](http://rwjbh.org/coopermanbarnabas)

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**Medical Center**

### Day of Surgery:

You will begin your day by visiting Registration on the Ground Floor, where you will be registered by a Patient Access Representative.

- You will receive your identification band, and be directed to the surgical waiting area, on the first floor. Once on the first floor, you will check in with the surgical reception desk and take a seat while you wait to be called.
- Once your name is called, you will be led to the surgical suites and prepped for your procedure. At this time, many nurses and aids may be assisting you to prepare for the procedure.
- Once the Operating Room team and your surgical team are ready, you will be brought to the Operating Room for your procedure.

### Frequently Asked Questions:

#### Will my preferred name be on my ID band?

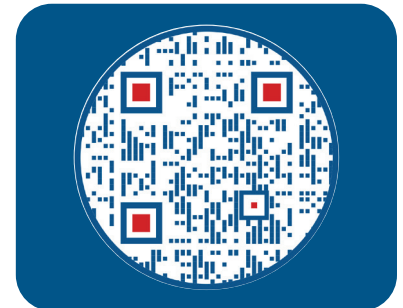
Yes, the preferred name you provide at Registration to your Patient Access Representative will be on your ID band. Your preferred name will also be the name used to address you while at CBMC, on your electronic health record, on labels for specimen collection and for dietary orders.

#### Will my sex assigned at birth, or my gender identity be on my ID band?

While CBMC does recognize and honor your gender identity, we are currently in the process of updating our ID bands to reflect only gender identity. Sex assigned at birth still will be reflected on your ID band.

#### How can I have my voice heard as a patient?

- While a patient at CBMC, please speak up for your safety to any member of our team to address a concern.
- Contact the Office of Diversity, Equity, and Inclusion at [Patrick.Koslecki@rwjbh.org](mailto:Patrick.Koslecki@rwjbh.org)
- Contact Patient Satisfaction Office at [Florelena.Mack@rwjbh.org](mailto:Florelena.Mack@rwjbh.org)
- Inquire about membership to CBMC's Transgender Patient Family Advisory Council by emailing [cbmctrans@rwjbh.org](mailto:cbmctrans@rwjbh.org) or **scanning the QR code**.



#### Are there any services I can access after discharge?

RWJBarnabas Health supports our LGBTQ+ patients by offering support groups presented by the PROUD Gender Center of New Jersey at Robert Wood Johnson University Hospital. Learn more by visiting [bit.ly/46I2nxK](https://bit.ly/46I2nxK).

**Our mission:** *We are an academic health system, partnering with our communities to build and sustain a healthier New Jersey.*

[rwjbh.org/coopermanbarnabas](https://rwjbh.org/coopermanbarnabas)

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