

Outpatient Testing

Laboratory Services

Our services require a medical referral and may be covered by your insurance. Please stop at patient registration before going to the laboratory.

Hours: Monday through Friday, 7am - 6pm,
Weekends 8am - 2pm

Phone: 860.350.7251 ext 4569

Fax: 860.355.2658 Providers please fax referrals.

Location: Just inside the Hospital's main entrance.

Radiology/Diagnostic Imaging

Diagnostic examinations include: Conventional Radiology, Interventional Radiology, Mammography, Ultrasound, CT scan, Nuclear Medicine, MRI and PET/CT. Medical referral required, except for screening mammography.

Hours: Monday through Friday, 8am - 7pm

Telephone: 860.350.7268 or 860.350.7269

Fax: 860.350.7228 Providers please fax referrals.

Location: First floor of the Hospital.

Cardiac and Vascular Diagnostic Testing

Services include: EKG, Holter Monitor Testing, Cardiac Event Recording Test, Treadmill Stress Testing, Pharmacologic Nuclear Stress Testing, Echocardiography, Stress Echocardiography, Transesophageal Echocardiography, Tilt Table Testing, Ankle Brachial Index Testing (ABI), Carotid Duplex Testing, Venous Duplex Testing, and Non-Invasive Peripheral Testing. Medical referral required.

Hours: Monday through Friday, 8am - 4:30pm

Phone: 860.350.7287

Fax: 860.350.7296 Providers please fax referrals.

Location: First floor of the Hospital.

Endoscopy & Colonoscopy

Endoscopy and Colonoscopy are outpatient diagnostic and therapeutic procedures to examine the esophagus, stomach, and colon or large intestine.

Hours: Monday through Friday, 8:45am - 4:30pm

Phone: 860.354.5511 Patients please call Dr. Braverman or Dr. Khalil to schedule a procedure.

Fax: 860.350.3122 Providers please fax referrals.

Location: Second floor of the Hospital in the ODS/Endoscopy Department.

Center for Sleep Medicine

Accredited services for the diagnosis and treatment of a variety of sleep disturbances. Ganesh Natarajan, MD, Medical Director, is board-certified in sleep medicine.

Hours: Monday through Friday by appointment

Phone: 860.350.7343

Location: Second floor of the Hospital.

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 **New Milford Hospital**

Health Management Services for Patients & Families



Community Health Education

New Milford Hospital offers screenings, lectures and other events to educate the community about healthy lifestyles.

For a calendar or registration information, visit newmilfordhospital.org or call **1.800.350.1595**.

 **New Milford Hospital**

21 Elm Street | New Milford, CT 06776
860.355.2611 | www.newmilfordhospital.org

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Education & Support Services

Freshstart Stop Smoking Program

(Four one-hour sessions – Fee \$25 with \$5 refund for each session attended)

Co-sponsored by the American Cancer Society, this program is held several times each year in the hospital's Robison Conference Rooms. It incorporates various methods and activities to provide the most effective elements for success. The single most important element is YOU – and your dedication to fight the nicotine addiction that makes you want to smoke. This program emphasizes that smoking cessation is a two-part process: 1) stopping, and 2) staying smoke-free.

For registration and dates, call 1.800.350.1595 or online at www.newmilfordhospital.org.

Diabetes Education

Our Certified Diabetes Educator and Registered Dietitians will help you better understand diabetes and methods for managing it effectively. Our programs include: Pre-diabetes Education (metabolic syndrome), Individual Diabetes Education, Gestational Diabetes, Diabetes Management Classes, follow-up after a Hospitalization, and our Diabetes Support Group. Medical referral required; call your insurer about coverage.

Hours: Monday through Friday

Phone: 860.350.7264

Fax: 860.355.2658 Providers please fax referrals.

Location: In the Hospital.

Cardiac Rehabilitation, Phase II

Cardiac Rehab is a crucial part of recovery from a heart attack, angina, an angioplasty or cardiac surgery. Most major medical insurance plans will allow 36 exercise sessions over a three-month period.

Hours: Monday, Wednesday, Friday, 8am - noon

Phone: 860.350.7291

Fax: 860.350.7226 Providers please fax referrals.

Location: First floor of the Hospital.

Cardiac Fitness/Supervised Exercise Program

This program is for anyone who is looking to improve their overall fitness, including strength and flexibility.

Hours: Monday, Wednesday, Friday, 7am - noon; 1pm - 6pm

Phone: 860.210.1269. Call to schedule your introductory session.

Fax: 860.355.0089 Providers please fax referrals.

Location: 130A Grove Street, New Milford, CT.

Cancer Support Services

The Regional Cancer Center provides classes to address nutrition, integrative (complementary) therapies, pain management and other topics for patients and their families throughout the year. The CARES Cancer Support Group (Cancer Rehabilitation & Education Support) meets

Hours: Thursdays, 11 am to noon
in Robison Room A at the Hospital.

Phone: Social Work Department, 860.210.7442.

Breast Health Navigator

Our certified Breast Health Navigator provides specialized care and support for women with breast concerns. She acts as a resource for information, referrals and facilitation of care throughout screening, diagnosis, treatment and recovery from breast disease.

Phone: 860.210.5047.

Nutrition Counseling

Our Registered Dietitians counsel children and adults with a variety of health concerns including: diabetes, high cholesterol, heart disease, chronic kidney disease, overweight and obesity, gastrointestinal disorders, pregnancy, weight loss and underweight. Medical referral required; call your insurer about coverage.

Hours: Monday through Friday by appointment

Phone: 860.350.7289

Fax: 860.350.7390 Providers please fax referrals.

Location: Next to outpatient registration inside the Hospital's main entrance.

Weight Management Series

(Four 90-minute sessions - Fee is \$30 for the series)

This series is held several times each year at Carlson Therapy Network, 130 B Grove Street, New Milford (in back of New Milford Sports Club). The series will orient you to the basic principles of weight management, including nutrition, exercise and sleep hygiene, to help you reach and keep your ideal weight for disease and injury prevention. Our team of experts will offer a wealth of information to jump start your efforts and encourage long-term weight management in cooperation with your primary care physician.

To register call 1.800.350.1595 or online at www.newmilfordhospital.org.

Behavioral Health Services

Behavioral Health Services offers confidential psychotherapeutic care for children, adolescents and adults. Programs include individual, couples, group and family therapy, medication maintenance, and crisis intervention.

Hours: Weekdays by appointment.

Services covered by most insurance.

Phone: 860.354.3762; 860.350.5373

Location: 23 Poplar Street, New Milford
(just north of the Hospital on Route 202)

Speech Pathology

Our Speech-Language Pathologists provide evaluation and treatment for communication and swallowing problems including speech and language delays or disorders in children; communication and swallowing problems following a stroke, head or neck cancer treatment; and swallowing and feeding problems from infancy through adulthood. Most major medical insurance plans accepted; medical referral required.

Appointment Hours: Monday through Friday, 9am - 3pm with early/late appointments available.

Phone: 860.350.7292

Fax: 860.210.7400 Providers please fax referrals.

Location: Third floor of the Hospital.

Integrative/Complementary Care Therapies

Integrative/complementary care therapies are offered at no charge to all New Milford Hospital patients to help manage conditions such as cardiovascular disease, diabetes, anxiety and cancer. Therapies include Reiki, Guided Imagery, Chair Yoga, and Healing Drum Circle to manage stress and pain. Registration required.

Hours: Recurring monthly schedule

Phone: External Affairs, 860.350.7731, Option 1

Location: Hospital Robinson Rooms & Chapel

Family Birthing Center Education

The Family Birthing Center conducts monthly prepared childbirth classes, infant care classes, and sibling preparation "parties" for young children, as well as programs for breastfeeding education and support.

For schedules and registration, call 1.800.350.1595.