

AFTER VISIT SUMMARY

Steve Kaminczak MRN: 38345229

🏥 Acute midline low back pain with right-sided sciatica 📅 3/3/2025 - 3/7/2025 📍 Memorial Hermann-Texas Medical Center (Jones 5 Neuroscience Acute Care)

Instructions



Your medications have changed



START taking:

acetaminophen (Tylenol)

heparin flush

ibuprofen

melatonin

methocarbamol (Robaxin)

oxyCODONE (Roxicodone)

polyethylene glycol (PEG) 3350 (Miralax)

Start taking on: **March 8, 2025**

sennosides (Senokot)

sodium chloride (NS)

sodium chloride 0.9 % solution 100 mL with DAPTOmycin 350 mg/7mL wet vial 600 mg



CHANGE how you take:

DULOxetine (Cymbalta)

gabapentin (Neurontin)

losartan (Cozaar)



STOP taking:

clindamycin 300 MG capsule (Cleocin)

Review your updated medication list below.

Your Next Steps



Ask

☐ Ask how to get these medications

- heparin flush
- sodium chloride
- sodium chloride 0.9 % solution 100 mL with DAPTOmycin 350 mg/7mL wet vial 600 mg



Do

☐ Pick up 10 medications from HEB Pharmacy San Felipe - Houston, TX - 5895 San Felipe St AT San Felipe St & Fountain View Dr



Other instructions

Discharge patient instructions (specify)
Instructions:

Steve Kaminczak is a 50 y.o. male presenting with back pain, history of laminectomy many years ago, history of gastric sleeve surgery with complication, SBO s/p gastric bypass, esophageal stricture with J tube placement, h/o TPN via central line for 5 years, recently complicated by MRSA bacteremia and osteomyelitis completed daptomycin course, now able to tolerate p.o. intake (except pills) presented to hospital with worsening back pain that is radiating to his right hip. Patient endorses falling at his school week ago.

My Memorial Hermann

View your After Visit Summary and more online at <https://mychart.memorialhermann.org/MyChart/>.

Other instructions (continued)

The imaging showed L4-L5 and L5-S1 discitis/osteomyelitis with associated epidural phlegmon. He completed daptomycin course. Has no central line. Patient still takes clindamycin without any prescription. Patient takes over OxyContin from the street for his pain.

During this admission:

NSGY spine recommended I&D but the patient refused as he is a school teacher, lives alone, no financial savings, and he needs 3 months for recovery post op, that's why he wants to be discharged on ABX and get the surgery done in the Summer. IR was consulted to see if he has a drainable abscess, but they said no intervention.

ID recommended:

- Daptomycin 8mg/kg Q24 until 3/16/25
 - Every Monday labs: CBC with differential, CMP, CPK, ESR, and CRP
- Please fax above labs to (281) 365-0085
Attention Dr Charles Ericsson

Outpatient follow up:

- PCP in 3 days
- Infectious diseases: Patient follows with Dr. Khoury (832-410-1464) who recommended OPAT again for a few months until patient is ready for surgery. OPAT to follow and patient will re-establish care with Dr. Khoury
- Pain management doctor:

UT Pain clinics

Pearland Main Branch: 713-486-6000

MHOSH Pain Clinic: 713-486-6000

Bayshore Pain Clinic: 713-486-6325

Home IV line care

Home IV line care: Yes, home health infusion IV line care per pharmacy protocol

Home IV line disposition

Home IV line disposition: Discontinue after completion

Lab Instructions - Select Labs

Frequency: Weekly on Monday

End Date: 3/16/2025

Discharge Labs: Complete Blood Count w/Diff and Platelet, CK, Total , C-Reactive Protein, Hepatic Function Panel, and Other: BMP

Type of line

Type of line: PICC

Dosing: 5-10 ml's NS before and after meds. 5 ml's of Heparin flush 10 u/ml as final flush.

Maintenance: If not in use, flush with 5-10 ml's of NS and 5 ml's of Heparin flush 10 u/ml daily.

Blood draws: Flush with 10 ml's NS after blood draws. Final flush with 5 ml's Heparin flush 10 u/ml.

Dressing change: Dressing change Weekly and prn.



Durable Medical Equipment

Walker rolling

The face to face evaluation was performed on: 3/5/2025

Justification: Canes, Crutches, Walkers, Patient Lift (Home Health)

Canes, Crutches, Walkers, Patient Lift:

Walker: Patient will be unable to safely ambulate with a cane in the home but a walker will allow the patient to accomplish mobility related daily living activities.

Other: See Comments

Walker rolling

The face to face evaluation was performed on: 3/6/2025

Justification: Canes, Crutches, Walkers, Patient Lift (Home Health)

Canes, Crutches, Walkers, Patient Lift:

Durable Medical Equipment (continued)

Walker: Patient will be unable to safely ambulate with a cane in the home but a walker will allow the patient to accomplish mobility related daily living activities.
Other: See Comments

What's Next

[Follow up with Dr. Nabil Khoury, MD](#)
Specialty: Infectious Diseases, Internal Medicine

Houston ID Physician PA
13219 Dotson Rd Ste 100
Houston TX 77070-4308
281-674-7812

[Follow up with Dr. Amy Hamilton, PA](#)
Specialty: Physician Assistant, Internal Medicine
3 days

5834 Louetta Rd Ste F
Houston TX 77379
832-698-4291

[Follow up with Dr. Nabil Khoury, MD](#)
Specialty: Infectious Diseases, Internal Medicine

Houston ID Physician PA
13219 Dotson Rd Ste 100
Houston TX 77070-4308
281-674-7812

[Referral to Home Health for Home Infusion](#)

Complete by: 3/6/2025 (Approximate)
Home Health Services
Requested SOC Date: 3/7/2025
Disciplines Requested: Home Infusion
Skilled Nursing
Services Requested: IV Site Care and Maintenance
IV Therapy
Physician to follow patient's care: PCP

[Ambulatory referral to Home Health](#)

Complete by: 3/6/2025 (Approximate)
Home Health Services
Requested SOC Date: 3/7/2025
Disciplines Requested: Occupational Therapy
Skilled Nursing
Physical Therapy
Services Requested: IV Therapy
IV Site Care and Maintenance
Physician to follow patient's care: PCP

[Follow Up In Internal Medicine](#)

Complete by: 3/10/2025
Who is this follow-up with?: Me
Allow Telemedicine?: No Preference

Your Arranged Service(s)







Memorial Hermann DME

Address: 16538 Air Center Boulevard, HOUSTON Texas 77032
Phone: (281) 784-7550



Medication List


	Morning	Around Noon	Evening	Bedtime	As Needed
<div></div> <div>acetaminophen 500 MG tablet Commonly known as: Tylenol Take 2 tablets by mouth every 6 hours. Last time this was given: March 7, 2025 2:35 PM</div>	Take 2 tablets by mouth every 6 hours.				
<div></div> <div>amphetamine-dextroamphetamine 30 MG tablet Commonly known as: Adderall Take 30 mg by mouth in the morning and 30 mg in the evening.</div>	<div></div> <div>1 tablet</div>		<div></div> <div>1 tablet</div>		
<div></div> <div>DULoxetine 60 MG DR capsule Commonly known as: Cymbalta Take 1 capsule by mouth 1 time each day. Last time this was given: March 7, 2025 8:36 AM What changed:<ul style="list-style-type: none">• medication strength• how much to take• when to take this</div>	<div></div> <div>1 capsule</div>				
<div></div> <div>gabapentin 600 MG tablet Commonly known as: Neurontin Take 2 tablets by mouth in the morning and 2 tablets at noon and 2 tablets in the evening. Last time this was given: Ask your nurse or doctor What changed:<ul style="list-style-type: none">• medication strength• how much to take• when to take this</div>	<div></div> <div>2 tablets</div>	<div></div> <div>2 tablets</div>	<div></div> <div>2 tablets</div>		
<div></div> <div>* heparin flush 10 units/mL injection 3 mL by Intracatheter route if needed for line care. After each dose or daily if not used.</div>					<div></div> <div>3 mL</div>
<div></div> <div>* heparin flush 100 units/mL solution 3 mL by Intracatheter route if needed for line care. After each dose or daily if not used.</div>					<div></div> <div>3 mL</div>
<div></div> <div>ibuprofen 800 MG tablet Take 1 tablet by mouth every 8 hours if needed for mild pain (1-3) or headaches for up to 10 days. Last time this was given: March 6, 2025 5:14 AM</div>					<div></div> <div>1 tablet</div>

Medication List (continued)


	Morning	Around Noon	Evening	Bedtime	As Needed
 LORazepam 1 MG tablet Commonly known as: Ativan Take 1 mg by mouth daily as needed. Last time this was given: March 5, 2025 10:24 PM					 1 tablet
 losartan 100 MG tablet Commonly known as: Cozaar Take 1 tablet by mouth 1 time each day. Last time this was given: March 7, 2025 8:36 AM What changed: <ul style="list-style-type: none"> • medication strength • how much to take • when to take this 	 1 tablet				
 melatonin 3 MG tablet Take 2 tablets by mouth as needed at bedtime for sleep.					 2 tablets
 methocarbamol 500 MG tablet Commonly known as: Robaxin Take 1 tablet by mouth every 6 hours for 15 days. Last time this was given: March 7, 2025 2:35 PM	Take 1 tablet by mouth every 6 hours for 15 days.				
 oxyCODONE 10 MG immediate release tablet Commonly known as: Roxicodone Take 1 tablet by mouth every 6 hours if needed for severe pain (7-10) for up to 5 days. Last time this was given: March 7, 2025 2:43 PM					 1 tablet
 polyethylene glycol (PEG) 3350 17 g packet Commonly known as: Miralax Start taking on: March 8, 2025 Take 17 g by mouth 1 time each day for 3 days. Last time this was given: March 5, 2025 9:43 AM	 17 g				
 sennosides 8.6 MG tablet Commonly known as: Senokot Take 2 tablets by mouth at bedtime. Last time this was given: March 4, 2025 8:24 PM				 2 tablets	
 sodium chloride 0.9 % flush Commonly known as: NS 10 mL by Intracatheter route if needed for line care. Before and after each dose or daily if not used. Last time this was given: March 7, 2025 2:46 PM					 10 mL

Medication List (continued)

	Morning	Around Noon	Evening	Bedtime	As Needed
<div><div> START</div><div>sodium chloride 0.9 % solution 100 mL with DAPTOmycin 350 mg/7mL wet vial 600 mg Infuse 600 mg at 224 mL/hr over 30 minutes into a venous catheter 1 time each day at the same time for 10 days. Last time this was given: March 7, 2025 2:35 PM</div></div>	<div> 600 mg</div>				

 * This list has 2 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.


Where to pick up your medications



Pick up these medications at HEB Pharmacy San Felipe - Houston, TX - 5895 San Felipe St AT San Felipe St & Fountain View Dr

- acetaminophen 500 MG tablet
- DULoxetine 60 MG DR capsule
- gabapentin 600 MG tablet
- ibuprofen 800 MG tablet
- losartan 100 MG tablet
- melatonin 3 MG tablet
- methocarbamol 500 MG tablet
- oxyCODONE 10 MG immediate release tablet
- polyethylene glycol (PEG) 3350 17 g packet
- sennosides 8.6 MG tablet

Address: 5895 San Felipe St, Houston TX 77057-3061
Phone: 713-278-8474



Ask your doctor where to pick up these medications

- heparin flush 10 units/mL injection
- heparin flush 100 units/mL solution
- sodium chloride 0.9 % flush
- sodium chloride 0.9 % solution 100 mL with DAPTOmycin 350 mg/7mL wet vial 600 mg



Discharge Instructions for Osteomyelitis

You have a condition called osteomyelitis. This is a bone infection caused by bacteria or fungi. It may have spread through the blood from an area of your body to the bone. This condition is called acute when the infection is new. It's called chronic when you've had it for a longer time.

Home care

- Take your medicine exactly as directed. If you were given antibiotics or antifungal medicine, make sure you finish all of the medicine even if you feel better. If you don't finish the medicine, the infection may return. This may make future infections harder to treat.
- Be careful not to injure the area where you have the infection.
- Carefully follow all instructions for taking care of any wounds.
- Use a splint, sling, or brace as directed by your doctor.

Follow-up care

Make a follow-up appointment as directed.

When to get medical care

Contact your doctor if you have any of the following:

- Increasing pain, redness, swelling, or drainage in the infected area
- Fever of 100.4° F (38°C) or higher, or as advised by your provider
- Chills
- Increasing fatigue or feeling tired

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Daptomycin Injection

Brand Name(s): Cubicin®, Cubicin RF®; also available generically

WHY is this medicine prescribed?

Daptomycin injection is used to treat certain blood infections or serious skin infections caused by bacteria in adults and children 1 year of age and older. Daptomycin injection is in a class of medications called cyclic lipopeptide antibiotics. It works by killing bacteria.

Antibiotics such as daptomycin injection will not work for treating colds, flu, or other viral infections. Using antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

HOW should this medicine be used?

Daptomycin injection comes as a powder to be added to fluid and injected into a vein by a doctor or nurse. It is usually given once a day. The length of your treatment depends on the type of infection being treated and your response to daptomycin treatment. You may receive daptomycin injection in a hospital or you may administer the medication at home. If you will be using daptomycin injection at home, your healthcare provider will show you how to infuse the medication. Be sure that you understand these directions, and ask your healthcare provider if you have any questions. Ask your healthcare provider what to do if you have any problems infusing daptomycin injection.

You should begin to feel better during the first few days of treatment with daptomycin injection. If your symptoms do not improve or if they get worse, call your doctor.

Use daptomycin injection until you finish the prescription, even if you feel better. If you stop using daptomycin injection too soon or skip doses, your infection may not be completely treated and the bacteria may become resistant to antibiotics.

Are there OTHER USES for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

What SPECIAL PRECAUTIONS should I follow?

Before using daptomycin injection,

- tell your doctor and pharmacist if you are allergic to daptomycin, any other medications, or any of the ingredients in daptomycin injection. Ask your pharmacist for a list of the ingredients.
- tell your doctor and pharmacist what other prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take while using daptomycin injection. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.

- tell your doctor if you have or have ever had kidney disease.
- tell your doctor if you are pregnant, plan to become pregnant, or are breastfeeding. If you become pregnant while using daptomycin injection, call your doctor.

What SPECIAL DIETARY instructions should I follow?

Unless your doctor tells you otherwise, continue your normal diet.

What SIDE EFFECTS can this medicine cause?

Some side effects can be serious. If you experience any of these symptoms, call your doctor immediately:

- hives
- rash
- itching
- blisters or peeling of skin
- difficulty breathing or swallowing
- swelling of the face, throat, tongue, lips, and eyes
- shortness of breath
- chest pain
- cough
- new or worsening fever, sore throat, chills, increased urge to urinate, burning sensation when urinating, or other signs of infection
- severe diarrhea with watery or bloody stools (up to 2 months after your treatment)
- muscle pain or weakness, especially in the forearms and lower legs
- dark or cola-colored urine
- pain, burning, numbness, or tingling in the hands or feet

Daptomycin injection may cause other side effects. Call your doctor if you have any unusual problems while using this medication.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<https://www.fda.gov/Safety/MedWatch>) or by phone (1-800-332-1088).

What should I do in case of OVERDOSE?

In case of overdose, call the poison control helpline at 1-800-222-1222. Information is also available online at <https://www.poisonhelp.org/help>. If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

What OTHER INFORMATION should I know?

Keep all appointments with your doctor and the laboratory. Your doctor may order certain lab tests to check your body's response to daptomycin injection.

Before having any laboratory test, tell your doctor and the laboratory personnel that you are using daptomycin injection.

Do not let anyone else use your medication. If you still have symptoms of infection after you finish daptomycin injection, call your doctor.

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

This report on medications is for your information only, and is not considered individual patient advice. Because of the changing nature of drug information, please consult your physician or pharmacist about specific clinical use.

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PICC Line Care

PICC stands for peripherally inserted central catheter. This is a short-term (temporary) tube that's used instead of a regular IV (intravenous) line.

Reasons for using a PICC line

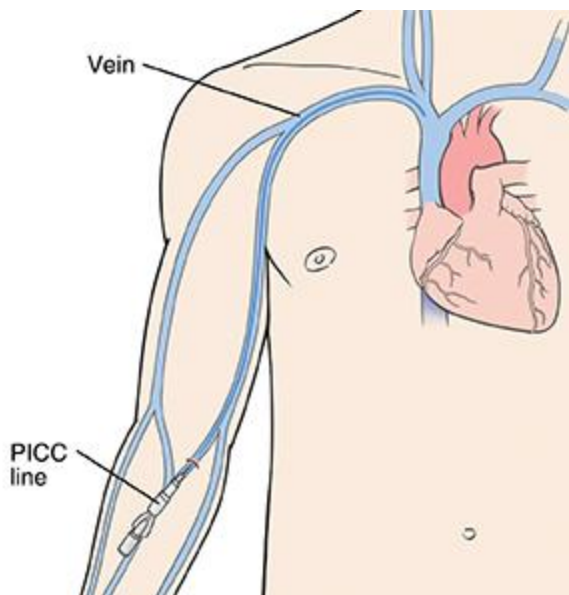
A PICC line may be used because:

- It reduces the discomfort of putting in a new IV every time one is needed.
- Medicine or nutrition needs to be given over a period of weeks or even months.
- A PICC can stay in place longer than an IV, so it reduces needle sticks.
- It reduces damage to small veins, where an IV is normally inserted. This can allow some substances that damage small veins to be infused safely and comfortably.
- A PICC may have more than one channel, so different fluids or medicines can be given at the same time.
- A PICC line allows for home therapy.

Your PICC will need some care to keep it clean and working. This care includes:

- Changing the bandage (dressing)
- Flushing the catheter with fluids
- Changing the cap on the end of the catheter

A nurse or other healthcare provider will teach you how to do each of these things. If you have any questions, contact your healthcare team.



Home care

The following are general care guidelines that will help you care for your PICC line at home:

- You can use your arm. But avoid any activity that causes mild pain.
- Don't pick at it or pull on the tubing.
- Don't lift anything heavier than 10 pounds with the arm on the side of the PICC line.
- The PICC line and dressing can't get wet. When you bathe or shower, tape plastic wrap over the site to keep it dry.
- Don't put the PICC site under water. No swimming or hot tubs. If the dressing gets wet, change it right away if you've been trained to do so. If not, call your healthcare team.
- Always wash your hands with soap and clean, running water before and after touching any part of your PICC.
- Don't allow the tubing to hang freely. Make sure to keep the tubing covered and secured to your arm to prevent the PICC line from being pulled out by accident.

The following tips will help you with dressing changes:

- Change the dressing over the site as directed. This is usually once a week. Change it sooner if the dressing gets wet or soiled. Check the dressing daily.
- You or a family member may be able to do the dressing change at home. Or you may be instructed to return to the office or clinic for dressing changes.
- Sterile technique must be used for PICC dressing change. If your dressing is changed at home, be sure you or your family member knows sterile dressing technique. Call your healthcare provider for instructions if you need them.

Follow-up care

Follow up as advised by your healthcare provider.

When to get medical care

Call your healthcare provider right away if any of these occur:

- Fever of 100.4°F (38°C) or higher, or as advised by your provider
- Drainage from the PICC site
- Swelling or bulging around the PICC site, or anywhere above the insertion site
- Bleeding from the PICC site
- Skin pulling away from the PICC site
- Redness, warmth, or pus at the PICC site
- Tubing breaks, splits, or leaks
- More exposed tubing (tubing seems longer) or the tubing is pulled out completely
- Medicine or fluids don't drain from the bag into your PICC

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Flushing Your PICC Line at Home

Your peripherally inserted central catheter (PICC) line is used to deliver medicine or feedings. It's a long, flexible tube (catheter) that goes into your vein, runs into larger veins, and ends up with the tip near where the superior vena cava enters your heart. To care for your PICC line, you will need to flush it. This means you'll need to clean it with a solution as directed by your healthcare provider. This keeps it from getting clogged or blocked. A clogged or blocked PICC line will need to be taken out and replaced.

When to flush your PICC line

You'll need to flush your PICC line as often as directed by your healthcare provider. You may need to flush it after each use. If the PICC line is not in active use, you may need to flush it once a day. Or you may only need to flush it once a week. Talk with your healthcare provider about how often you should do this.

What you'll need

- Flushing solution. This is the liquid that you will send through the PICC line. Your healthcare provider will tell you what kind to use. In most cases, it is saline solution. This is a sterile mix of water and a tiny amount of salt. Your healthcare provider will also tell you how much to use. You may also need to flush with a heparin solution after the saline. Heparin is a medicine that thins the blood. It helps prevent blood from clotting in and around the catheter.
- A syringe. This is the device used to give an injection, or shot. A syringe is used to flush your PICC line with the solution. You will probably use prefilled syringes.
- Alcohol wipes or rubbing alcohol and cotton balls. You'll use these to clean some of the tools used to flush your line. This helps to prevent germs from going into your PICC line.
- Clean medical gloves.

How to flush your PICC line

Repeat these steps as often as your healthcare provider has instructed. Skip steps 2 and 3 if you are using prefilled syringes.

Step 1. Wash your hands

- Wash your hands well with soap and clean running water for at least 20 seconds. Scrub them well, including the backs of your hands and between your fingers.
- If you don't have access to soap and water, use an alcohol-based hand gel. The gel should have at least 60% alcohol. Let the hands dry.

- Put on clean medical gloves.
- Only touch your PICC line with clean hands and when wearing clean gloves. This is to protect you from infection and to keep the line free from germs.

Step 2. Fill the syringe

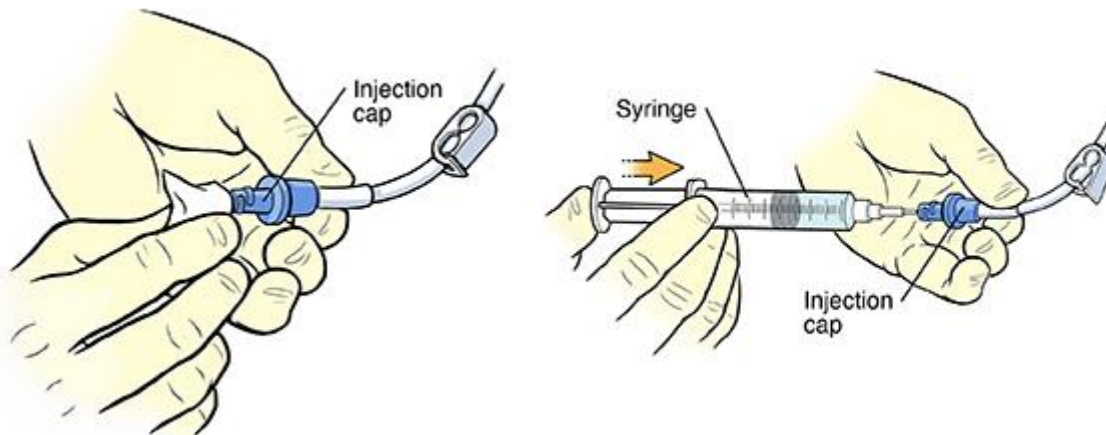
- Open a new bottle of the flushing solution. If you're using a bottle that's already open, use the alcohol to clean the top of the bottle.
- Remove the cap from the needle or tip of the syringe. Push the plunger of the syringe down all the way.
- Put the needle or tip of the syringe into the flushing solution.
- Pull the syringe plunger out. Stop when you have the right amount of flushing solution in the syringe. Your healthcare provider will tell you how much to use.

Step 3. Remove air from the syringe

- Hold the syringe with the tip pointing up.
- Flick or tap the syringe with your finger. This will cause any large air bubbles to rise into the tip.
- Slowly push on the plunger until a tiny drop of flushing solution comes out of the needle or tip.
- Put the cap back on the needle or tip of the syringe. This will keep it germ-free until you use it.

Step 4. Inject the flushing solution

- Scrub the top and sides of the port (end of the catheter) with an alcohol wipe for 15 seconds. Scrub using a twisting motion as if juicing an orange. Let it dry completely. Prevent it from touching anything while drying. Don't blow on it. Don't reuse the alcohol wipe. Keep the port from touching anything until you connect the syringe. If you accidentally touch the port, clean it again.
- Open the clamp, if there is one.
- Take the cap off the needle or tip of the syringe. Insert the needle or tip into the port. Make sure you know if your PICC has a needleless connector. Ask your healthcare provider if you aren't sure.
- Push the plunger in slowly and smoothly. Don't force the plunger. You shouldn't feel any pressure when you push the fluid into the PICC line. If you do, stop and call your healthcare provider right away.



Step 5. Finish flushing

- If there is a clamp, close it just before the syringe is empty. This stops blood from flowing back into the catheter.
- Remove the needle or tip of the syringe from the port.
- Put the syringe into a special container (sharps container).

When to call your healthcare provider

Call your healthcare provider right away if you have:

- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Chills during or after flushing your line
- Swelling, redness, drainage, or pain around the PICC site
- Bleeding from the PICC site
- Tubing that leaks or is pulling out
- A feeling of new resistance when flushing the PICC line, or can't flush it at all
- Medicine or fluids that don't drain from the bag into your PICC

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Changing Your PICC Line Dressings - Video

Watch how and when to safely change and throw away soiled dressings, and how to recognize signs of infection at the insertion site.

To view the video go to this web address:

<https://bit.ly/4eQ6zPA>

Or, scan this QR code with your smart phone



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Have Healthcare Questions?

When you need evidence-based health care advice fast:

- Call the **24/7 Nurse Health Line** at **713-338-7979** or **855-577-7979**, or
- Visit us online at **Nursehealthline.org**

How it works:

- This service is free for everyone, regardless of insurance coverage.
- Registered nurses will answer all sorts of health questions, including questions about your follow up instructions, where to go to receive further care, home treatment options, and any other healthcare concerns.

Additional Resources

This list provides information about some of the resources that may be available in your area. It does not include all of the services and agencies in this region, but does provide a substantial number of them. Individuals are encouraged to contact the agency that is of interest to learn more and make sure it meets your needs. Other than Memorial Hermann

Additional Resources (continued)

Resources listed, inclusion on this list does not imply any endorsement by or connection with Memorial Hermann Hospital.

Memorial Hermann Resources:

Elevate Services Provided: Partner of Memorial Hermann Hospital, to help patients get financial assistance for their medical bills.	1-800-772-1213
Memorial Hermann Community Resource Center Services Provided: Application Assistance, Health Literacy, Food Resources, and Social Service Resources and Referrals.	
• Memorial Hermann Community Resource Center Greater Heights	(713) 314-8100
• Memorial Hermann Community Resource Center Northeast	(713) 814-2470
• Memorial Hermann Community Resource Center Southwest	(713) 456-6814
Nurse Health Line Services Provided: When you or a family member is feeling sick, but you are not sure if you need to see a doctor or go to the hospital, contact the free Nurse Health Line. Nurses are available 24 hours a day, 7 days a week to help answer health questions by phone for people living in Texas.	
• Nurse Health Line	(713) 338-7979 1-855-577-7979

Medical:

Harris Health Financial Assistance Eligibility Call Center	713-566-6509	
Legacy Clinics	832-548-5000	Multiple locations
El Centro de Corazon	713-660-1880	Multiple locations
St. Hope Foundation	713-778-1300	Multiple locations
Healthcare for the Homeless	713-286-6125	Schedule visit at that number; multiple locations

HIV/AIDS:

Legacy Clinics	832-548-5000	
St. Hope Foundation	713-778-1300	Multiple locations
Montrose Center	713-529-0037	401 Brandard St Houston
Montrose Center 24 hr helpline LGBT+	713-529-3211	
Ryan White Council/Bluebook	http://rwphouston.org	

Mental Health:

Family Houston	713-861-4849	4950 Memorial Dr Houston
El Centro de Corazon	713-660-1880	Multiple locations
Harris Center for Mental Health and IDD	713-970-7000	Crisis and Access Line; multiple locations
St. Hope Foundation	713-778-1300	Multiple locations
Crisis Hotline	713-468-5463	

Additional Resources (continued)

Montrose Center	713-529-0037/24 hr helpline LGBTQ+ 713-529-3211	LGBTQ+ specific
Bread of Life	832-939-7477	2019 Crawford St Houston; food, transportation, child care assistance
Shades of Blue Project	832-919-6805	3303 FM1960 Rd W Ste 130 Houston; Maternal Mental Health resources
Hope Clinic	713-773-0803	7001 Corporate Dr Ste 120 Houston
Healthcare for the Homeless	713-286-6125	Schedule visit at that number; multiple locations

Substance Abuse:

Houston Council on Alcohol & Drugs	713-942-4100	303 Jackson Hill St Houston
Houston Recovery Center	713-236-7800	150 N Chenevert St Ste 100 Houston
The Right Step Houston	844-792-7080	12350 Wood Bayou Dr Houston; inpatient/outpatient men & women
Center for Recovery & Wellness	832-373-3050/832-393-5790	9314 Cullen Blvd Houston, 170 Heights Blvd Houston

Prescriptions:

El Centro de Corazon	713-660-1880	Multiple locations
St. Hope Foundation	713-778-1300	Multiple locations

Transportation:

Gulf Coast Community Services	713-393-4700	9320 Kirby Dr. Houston; transportation vouchers
Bread of Life	832-939-7477	2019 Crawford St Houston; food, transportation, child care assistance
Mobility Links with Rides	713-368-7433 option 2	
Project Access Bus	713-286-6000	Homeless only/multiple sites to pick up vouchers and register for services
METROLIFT	713-225-6716	ADA paratransit
Houston Transportation Services	713-772-8181	9600 S Gessner Rd Houston: 65 and older

Financial & Food Assistance:

United Way	713-685-2300/211	50 Waugh Dr. Houston
Bread of Life	832-939-7477	2019 Crawford St Houston; food, transportation, child care assistance
Catholic Charities	713-526-4611/713-227-9981	2900 Louisiana St. Houston; food, clothing, financial assistance
Gulf Coast Community Services	713-393-4700	9320 Kirby Dr. Houston; food pantry, vocation services, refugee program
Southeast Ministries	713-944-0093	2102 Houston Blvd. Houston; food, financial

Additional Resources (continued)

Houston Food Bank	832-369-9390	Multiple locations call number for registration and locations
Society St. Vincent de Paul	713-741-8234	2403 Holcombe Blvd Houston; food, financial, utilities
Emergency Aid Coalition	713-343-3061	401 Fannin Houston; food, clothing
Target Hunger	832-767-1677	4802 Lockwood Dr Houston: Mon, Wed, Fri 9AM-1:30PM food pantry no appt needed
Christian Community Services	713-871-9741	6856 Bellaire Blvd Houston Mon, Tue, Thurs, Fri 10AM-1PM and Sat 9AM-12PM: 3434 Branard St. Houston Mon-Fri 10AM-2PM, Sat 9AM-12PM: food and clothing first come first serve no appt needed
Community Family Center	713-923-2316	Call for appt to register for 3-month food pantry card and locations
Harris Co Social Services	713-696-7900	Utility, rental assistance
Meals on Wheels	713-533-4900	3303 Main St Houston; meals on wheels
RaiseUp Families	713-973-8083	2500 Tanglewilde St Ste 350 Houston: (not emergency assistance) helps with consistent rent issues, able to work and no abuse
SNAP	www.yourtexasbenefits.com	
Impact Resource Center	713-864-5667	1712 Depelchin St Houston: food pantry Tue 9-10:30AM and Wed 6:30-8:00PM
Neighbors in Action	832-804-7037	7921 Flaxman St Houston: emergency aid
Churches United in Caring	281-328-3178	944 Church St Crosby Mon-Sat 10AM-2PM, Help Center Mon, Wed, Fri 10-11:30AM: food, clothing, financial (except electricity)
Loaves and Fishes		2009 Congress St Houston: meals Tue-Sat 11AM, Sun 8:30AM

Housing Assistance:

Harris County Housing Authority	713-260-0500	2640 Fountain View Dr. Houston
Housing Resource Center	713-578-2055/877-428-8844	Housing navigator service
Family Promise of Clear Creek	832-932-3963	Day center and staying at host congregation home (for families or individuals) Lives within Clear Creek ISD, Pearland, Alvin, Friendswood or Dickinson
The Women's Home	713-328-1976	1839 Jacquelyn Dr Houston: individuals
The Women's Home	713-574-2445	7625 Hammerly Blvd Houston: families

Additional Resources (continued)

Santa Maria Hostel	713-691-0900	2605 Parker Rd Houston: woman 18-25 or woman with children (in recovery from substance abuse)
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Shelters & Day Centers:

Salvation Army	Men: 713-224-2875 Women & children: 713-650-6530 East Harris Co: 713-378-0020	
Star of Hope	Men: 713-227-8900 Women & Children: 713-222-2220	Men: 1811 Ruiz Houston: Women and Family: 2575 Reed Rd Houston
SEARCH	713-739-7752	2015 Congress Ave Houston
Cy-Fair Helping Hands	713-658-9205	9204 Emmott Rd Houston
Lord of the Streets	713-526-0311	3401 Fannin Houston: day center
Beacon Day Center	713-220-9737	1212 Prairie Houston: showers available
IMPACT	713-864-5667	1704 Weber Houston: showers available
Judson Robinson Jr Comm Center	832-395-7626	2020 Hermann Dr Houston: showers available
The Women's Home	713-521-3150	607 Westheimer Houston: women struggling with addiction and mental illness
Wellsprings Village	713-529-6559	Women only transitional housing program
Bay Area Homeless Services	281-837-1654	3406 Wisconsin St Baytown
Covenant House Texas	713-523-2231/after 3PM 713-630-5601	1111 Lovett Blvd Houston: Drop-in center for 18-24 yo and transitional housing program
Hope Center	832-965-5511	821 Peakwood Dr Houston: Day shelter
Magnificat Houses	713-529-4231	1410 Elgin Houston: Single men emergency shelter
Myriam's Hostel-Magnificat Houses	713-520-0461	3317 Caroline Houston: Single women emergency shelter

Domestic Violence:

Family Time Crisis and Counseling Center	281-446-2615	Humble area
Montrose Center	713-529-0037	24 hr helpline LGBTQ+ 713-529-3211
Houston Area Women's Center	713-528-2121	Montrose/Houston area
Bay Area Turning Point	281-286-2525	Clear Lake/Webster area
Bridge Over Troubled Waters	713-472-0753	South Houston/Pasadena area
DAYA	713-981-7645	Woodlake/Houston area
Katy Christian Ministries	281-391-4357	Shelter for domestic violence victims
RAINN	800-656-4673	
National Domestic Violence Hotline	800-799-7233	

Additional Resources (continued)

Houston Area Women's Center	713-528-6798	1010 Waugh Houston: shelter for victims of domestic violence
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Additional Resources:

1. 211- A free helpline answered 24 hours a day, 7 days a week to find food, health, housing and more. Call 211 or go to www.211.org
2. www.findhelp.com Search and connect with support for financial assistance, food pantries, medical care and other resources from your area
3. www.unitedway.org Will assist with locating resources for your immediate needs