

**Dr. Michael F. Roizen, MD,**  
**Co-author, “You The Smart Patient”:**

“One of the key things in assuring shorter hospital stays is awareness of germs and how you come in contact with them.”

***Natural Sound***

Hi Mr. Washington. How ya doing?

I’m well thank you.

**Dr. Michael F. Roizen, MD,**  
**Co-author, “You The Smart Patient”:**

“Germs are tricky little hunters, hiding in places we would never expect, waiting for the opportunity to snag an unsuspecting customer.”

**Host:**

A doctor sees several patients an hour so his stethoscope might not be sterile. Most doctors sanitize with alcohol or switch to a new rubber barrier after each patient.

**Doctor:**

"Let's take a listen."

**Patient:**

"I'm taking a survey; did you clean that stethoscope with alcohol or soap and water?"

**Doctor:**

"Thanks for reminding me."

**Host:**

An alcohol wipe will usually clean that stethoscope in a matter of seconds.

**Dr. Michael F. Roizen, MD,**  
**Co-author, “You The Smart Patient”:**

“No matter what path you've taken to become the hospital's newest guest, you want the stay to be as short and sweet as possible. So, don't be afraid to ask your doctor or your nurse to disinfect the stethoscope. You may be doing both of you a favor.”