

DISCHARGE INSTRUCTIONS W/ VITALS:

Vital signs when discharge was ordered:

@VS@

Thank you for allowing me to participate in your care today.

-- Dr. @ME@

Please read and follow these and all other instructions you received at discharge.

- Follow-up with your primary care physician and with any other referrals you were given.
- Return to the Emergency Department for worsening symptoms or if you have persistent fevers, severe headaches, passing out, chest pain, shortness of breath, vomiting that does not stop, or any other reason you feel requires emergent medical attention.

Your imaging and/or blood work today had the following incidental findings which require follow-up with your primary care physician: ***

If you were prescribed a narcotic pain medication or muscle relaxer today, DO NOT drive or operate heavy machinery while taking these medications. If you were prescribed Norco, Vicodin, or Percocet, you should not take these medications at the same time as Tylenol (Acetaminophen).

Everyone needs a primary care physician with whom to build a relationship across multiple visits. This is important for follow-up care as well as routine medical care. If you do not have a primary care physician, please find one using the information provided.

Establishing care with a new doctor can take a period of weeks to months. Don't be discouraged. This is similar for most people. Try to make an appointment to see your doctor when you are well. If you have chronic health conditions, it can be helpful to make a list of these and then choose two that you would like to speak with him/her about during the first visit. This will help make the initial visit more productive and make you a partner in your health with your new physician.

DISCHARGE - HTN:

Your blood pressure was elevated today. This is called hypertension. Please follow-up with your doctor for a blood pressure recheck. If you take blood pressure medications at home, please take them as prescribed. If you experience chest pain, shortness of breath, lightheadedness, dizziness, passing out, severe headache, blurry vision, numbness/weakness, or any other concerning symptoms, please return to the ED.

DISCHARGE - HYPERGLYCEMIA:

Your blood sugar (glucose) was high today. This may indicate new or uncontrolled diabetes. Please follow-up with your doctor for recheck of your blood sugar and discussion of this finding. If you are a diabetic, please take your diabetes medications as prescribed and check your blood sugar at home if indicated.