



Patient Discharge Summary

Admission Information

- **Patient:**
- **Date of Birth:**
- **Medical Record Number:**
- **Admission Date:** March 01, 2024
- **Discharge Date:** March 03, 2024
- **Signing Physician:**
- **Dictated By:**
- **Service Location:** You received care at the Obstetrics and Gynecology department.
- **Primary Care Provider:**

Your Next Steps

Hospital Discharge Instructions

Based on your care received while in our medical facility, here are specific discharge instructions for you to follow:

1. Monitor your vital signs, such as temperature, blood pressure, and heart rate, regularly and report any changes or concerns to your primary care physician or healthcare provider.
2. Continue with your current medication regimen as prescribed by your healthcare provider, and report any changes in medication side effects or dosages to your healthcare provider.
3. Follow a balanced diet and stay hydrated by drinking plenty of water throughout the day. Avoid consuming excessive amounts of caffeine or alcohol, as these can affect your medication and overall health.
4. Engage in regular exercise or physical activity as recommended by your healthcare provider, but avoid any strenuous activities that may exacerbate your condition.
5. Monitor your symptoms and report any changes or concerns to your healthcare provider immediately. If you experience any worsening of symptoms or new symptoms, such as chest pain or difficulty breathing, seek immediate medical attention.
6. Follow any additional instructions provided by your healthcare provider, such as avoiding certain activities or taking additional medications as needed.
7. Make sure to schedule follow-up appointments with your healthcare provider as recommended, to ensure your continued progress and address any concerns or questions you may have. By following these discharge instructions, you can help ensure a smooth transition from inpatient care to home care and continue to manage your symptoms effectively. Remember, if you have any questions or concerns, do not hesitate to reach out to your healthcare provider for support and guidance.

Medication Instructions

You were on the following medications at the time of your admission:

1. Docusate sodium - One (1) Capsule PO BID (twice a day) as needed for constipation. Instructions: Take one capsule every 8 hours as needed.
2. Acetaminophen - Two (2) Tablets PO Q6H (every 6 hours) as needed for pain. Instructions: Take two tablets every 6 hours as needed.
3. Prenatal vitamins - One (1) Tablet PO once a day. Instructions: Take one tablet once a day as prescribed. Please note that these medications were prescribed for your specific condition and medical history, and it is important to follow the instructions provided and not stop taking any medication without consulting your healthcare provider.

Here's a list of your prescribed medications at the time of discharge:

1. Docusate sodium 100 mg Capsule - This medication is used to treat constipation. Take one capsule by mouth once a day as needed for constipation.
2. Acetaminophen 325 mg Tablet - This medication is used to treat pain. Take two tablets by mouth every six hours as needed for pain.
3. Prenatal Vitamin - This medication is used for prenatal care and is taken once a day by mouth. Please note that these medications are prescribed for your specific condition and should only be taken as directed. If you have any questions or concerns about your medications, please do not hesitate to ask.

Follow-up Appointments

Based on your medical history and current condition, there are several follow-up appointments recommended for your care. Specifically, we recommend scheduling a prenatal visit 2-4 weeks after your discharge to monitor your pregnancy and address any concerns or questions you may have. Additionally, we suggest scheduling a postpartum visit within 4-6 weeks after delivery to ensure a smooth recovery and address any postpartum concerns. Finally, if you experience any unusual symptoms or complications during the postpartum period, please do not hesitate to contact us for further evaluation and treatment.

Follow-up Procedures or Tests

Based on your medical history and current condition, there are no follow-up laboratory tests, imaging tests, or procedures recommended for you at this time. Your recent labs and imaging studies were otherwise unremarkable, and your provider will continue to monitor your condition during your regular prenatal visits. It is important to attend all scheduled appointments and follow any recommended treatment plans to ensure a healthy pregnancy and baby.

How to Contact Us

If you have questions about these instructions or follow-up care, please contact us at the phone number provided below. Our team is here to support you and ensure your continued well-being.

About Your Admission

Hospital Admission History

You were admitted to the hospital because of concerns about your pregnancy. You were seen in our clinic a few days ago for a routine check-up, and your healthcare provider noticed some changes in your body that raised some concerns. Specifically, your blood pressure was higher than normal, and your baby's heart rate was slower than expected. These changes suggested that your baby might be experiencing some distress, and your healthcare provider wanted to monitor you and your baby more closely. As a result, you were referred to our hospital for further evaluation and treatment. Here, we have been able to monitor your baby's heart rate and your blood pressure more closely and provide any necessary treatment to ensure the best possible outcome for you and your baby.

Diagnoses Made During Hospital Admission

You were discharged with a diagnosis of intrauterine growth restriction (IUGR). This means that your baby did not grow as much as expected inside your womb during your pregnancy. This can be caused by several factors, including placenta problems or a lack of nutrients and oxygen reaching your baby. Your healthcare provider will monitor your baby's growth and well-being closely during your pregnancy and after delivery to ensure proper care and management.

Discharge Location

You were discharged home.

Relevant Exams and Test Results

Physical Exam Summary

1. Heart rate: 88 beats per minute
2. Blood pressure: 120/80 mmHg
3. Temperature: 98.6 degrees Fahrenheit (normal)
4. Respiratory rate: 18 breaths per minute (normal)
5. Abdomen: Soft and non-tender to palpation (normal)
6. Lungs: Clear to auscultation (normal)
7. Neurological examination: Intact sensation and motor function (normal)
8. Extremities: No evidence of edema or abnormal mobility (normal)
9. Skin: No evidence of rash or abnormal texture (normal)
10. Head: No evidence of abnormalities (normal)

Imaging Tests

You had a WBC count of 5.3, RBC count of 3.59, HGB count of 12.2, HCT count of 33.1%, MCV count of 92#, MCH count of 33.9#, and MCHC count of 36.8%. Additionally, your TSH level was 1.2.

Test Results

Date	Test Name	Result	Normal Range
01:51 PM	WBC	5.3	4.5 - 11.0

Date	Test Name	Result	Normal Range
01:51 PM	RBC	3.59	3.4 - 5.4
01:51 PM	HGB	12.2	10.5 - 15.5
01:51 PM	HCT	33.1	28 - 42
01:51 PM	MCV	92	78 - 102
01:51 PM	MCH	33.9	29 - 44
01:51 PM	MCHC	36.8	32 - 38
01:52 PM	PLT COUNT	199	150 - 450
01:52 PM	URINE	bnzodzpn negative, barbitrt negative, tricyclic negative, cocaine negative, amphetamine negative, methadone negative	Negative
01:51 PM	TSH	1.2	0.9 - 4.0

Note: The normal ranges provided are based on a standard reference range and may vary depending on the laboratory and individual patient factors.

Thank you for entrusting us with your care. We have reviewed your medications, vital signs, and test results for this encounter. It has been a pleasure providing care for you today.

Signed, your care team.

Note: This patient discharge summary was generated from your healthcare record utilizing AI technology and has been reviewed by your care team prior to final approval.