

# NAVHOSPBREM NORTHWEST BEGINNINGS MOTHER DISCHARGE INSTRUCTIONS

Date/Time: \_\_\_\_\_ PT discharged to: \_\_\_\_\_ via: \_\_\_\_\_ w/: \_\_\_\_\_

## INSTRUCTIONS:

**A. Diet:** Drink 8-10 glasses of water per day; eat balanced diet.

**B. Medications:** Patient information on discharge medications given: Y\_\_\_\_ N\_\_\_\_N/A\_\_\_\_

## C. Activities:

- 1) Nothing in vagina for six weeks, including tampons, douches, intercourse, etc.
- 2) No stress, strain, strenuous activity or heavy lifting (over the weight of your baby ) for six weeks.
- 3) Have planned rest periods (try to rest when baby rests).
- 4) May shower or bathe. Ensure that the tub has been thoroughly cleaned. Pat/air dry wound/incision.

## D. Signs and Symptoms to report:

- 1) Temperature over 100.4 F.
- 2) Increase wound or abdominal pain not relieved by pain meds.
- 3) Increased vaginal or wound bleeding, passing of clots vaginally (larger than the size of a quarter) or soaking more than 1 pad per hour.
- 4) Increased foul smelling (pus-like) vaginal or wound drainage.
- 5) Increased redness or swelling at the wound site.
- 6) Severe depression; affecting care of self or infant or suicidal thoughts.
- 7) Redness, hotspots, lumps or tenderness in breasts.
- 8) Severe headaches or visual changes.
- 9) Leg pain.
- 10) Shortness of breath or difficulty breathing.
- 11) Burning or difficulty with urination.
- 12) No BM (Stool in four days).
- 13) Any additional questions.

If you have any of the above signs or symptoms: Call or go the Emergency Room or Clinic depending on the hours and severity of signs or symptoms. See phone numbers on back.

**E. Other Instructions:** \_\_\_\_\_  
\_\_\_\_\_

## F. Follow-up appointments:

- 1) Please make an appointment with OB or FP through TRICARE as instructed by your Doctor, usually in four-six weeks.
- 2) Come to the Post Partum Care Clinic (PPCC) – Rm 4404 in two-three days after discharge (see PPCC Appt. card).
- 3) \_\_\_\_\_

**G. Verifications:** I have received, read, and understand the above instructions. I have received a discharge class about the care of mother and infant:

\_\_\_\_\_  
Signature of Patient/Responsible Person    Date    Time    RN Signature

## General Medication Instruction

1. Learn the name of the medication and the reason you are taking it.
2. Stop the medication only on your physician's advice.
3. Take the medication at the times and in the amount prescribed. A greater amount is not necessarily better and may be dangerous to you.
4. Certain drugs interact or interfere with each other. Ask your physician if it is permissible to take medication that can be bought without a prescription (aspirin, aspirin compounds, seltzers, cold remedies, vitamins, etc.) while you are taking prescribed medication.
5. Do not offer your medication to anyone else. It has been prescribed for you and may be harmful to someone else.
6. Since any medication may produce an allergic or unanticipated reaction (even in people not known to be allergic or who have taken the drug before) any unexplained problem may be related to the drug. Rash, fever, jaundice, bruising, vomiting and/or diarrhea are some of the possible reactions. If you cannot explain unusual signs or symptoms, contact your doctor immediately.
7. Keep all medications away from children.
8. Certain medications become outdated, at which time they may be ineffective or even harmful. If your medication is more than several months old, ask your pharmacist if it is safe and effective.
9. Do not mix medicine in one container. Keep each medicine in its own labeled container.
10. If you have been given a general anesthetic, you should avoid the following until the day after surgery:
  - A. Driving alone.
  - B. Taking public transportation alone.
  - C. Drinking alcoholic beverages.
  - D. Signing legal documents.
11. If breast feeding, check with your medical provider prior to taking medications.

### **POISON CONTROL CENTER**

Information available at:

**CHILDREN'S ORTHOPEDIC HOSPITAL & MEDICAL CENTER  
SEATTLE, WASHINGTON  
24 Hour toll free 1-800-222-1222**

### **OTHER IMPORTANT NUMBERS:**

**Navy Hospital Bremerton Physician Answering Service (for after hours) 360-475-5700**

**WIC: 1-800-841-1410**

**Pacific Mother Support INC (Breast pumps, supplies and Lactation Consultant): 1-800-578-2260**

**TRICARE Appointment Line: 1-800-404-4506**

**Pediatrics Clinic: 360-475-4216**

**Post Partum Clinic: 360-475-4470**

**Family Practice Clinic: 360-475-4579**

**Emergency Room: 360-475-4286**

**OB/GYN Clinic: 360-475-4209**

**Bangor Clinic: 360-315-4391**

**New Parent Support: 360-476\*-7445**

**[www.Militaryonesource.com](http://www.Militaryonesource.com) or call 1-800-342-9647**