

Saint Vincent Hospital

123 Summer Street
 Worcester, MA 01608
 508-363-6025

Discharge Instructions for:**Baker, Bryan****Arrival Date:****Saturday, July 18, 2015**

Thank you for choosing **Saint Vincent Hospital** for your care today. The examination and treatment you have received in the Emergency Department today have been rendered on an emergency basis only and are not intended to be a substitute for an effort to provide complete medical care. You should contact your follow-up physician as it is important that you let him or her check you and report any new or remaining problems since it is impossible to recognize and treat all elements of an injury or illness in a single emergency care center visit. An Emergency Department visit summary will be faxed to your Primary Care Physician on record.

Care provided by: Rinne, Andrew, MD
 Breen, Daniel, PA-C

Diagnosis: Cervical Radiculopathy; Neck Pain

DISCHARGE INSTRUCTIONS	FORMS
Cervical Radiculopathy Musculo-skeletal Pain	Work Release Form- 5 day
FOLLOW UP INSTRUCTIONS	PRESCRIPTIONS
SVH Medical Group, (physician referral line) Reason: Continuance of care	Diazepam Ibuprofen Percocet
SPECIAL NOTES	
None	

X-RAYS and LAB TESTS:

If you had x-rays today they were read by the emergency physician. Your x-rays will also be read by a radiologist within 24 hours. If you had a culture done it will take 24 to 72 hours to get the results. If there is a change in the x-ray diagnosis or a positive culture, we will contact you. Please verify your current phone number prior to discharge at the check out desk.

MEDICATIONS:

If you received a prescription for medication(s) today, it is important that when you fill this you let the pharmacist know all the other medications that you are on and any allergies you might have. It is also important that you notify your follow-up physician of all your medications including the prescriptions you may receive today.

Patient Copy

FOLLOW UP INSTRUCTIONS

SVH Medical Group, (physician referral line) (Internal Medicine)

888-786-4362

Reason: Continuance of care

PRESCRIPTIONS

Diazepam 5 mg Oral Tablet

Printed

Take 1 tablet by ORAL route every 8 hours As needed; Quantity: 20 tablet

Ibuprofen 800 mg Oral Tablet

Printed

Take 1 tablet by ORAL route every 8 hours As needed take with food; Quantity: 30 tablet

Percocet 5-325 mg Oral Tablet

Printed

Take 1-2 tablet by ORAL route every 6 hours As needed Do not drive within 6 hours of taking this medication, may make you sleepy; Quantity: 25 tablet

TESTS AND PROCEDURES

Labs

None

Rad

CT Neck Trauma - cspine - no contrast, CT Head Trauma - no contrast, MRI - Request for Service, CERV WO/CM

Procedures

None

Other

None

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Procedures

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Other

None

Cervical Radiculopathy

Cervical radiculopathy is a pinched nerve in the neck. When this happens you may have pain or numbness shooting from your neck all the way down into your arm and fingers. There are many causes of this problem. Sometimes this may happen from an injury or simply from muscle tightness in the neck from overuse. It may also happen from arthritis or boney problems. If there is no improvement after treatment, further studies may be done to find the exact cause.

DIAGNOSIS

X-rays may be needed if the problems become long standing. Electromyograms may be done. This study is one in which the working of nerves and muscles is studied.

HOME CARE INSTRUCTIONS

- In the morning or at the start of your day, heat applied for twenty to thirty minutes to your neck and shoulders may be helpful. This may help loosen tightness in that area. **Do not sleep with a heating pad as this may cause burns.**
- Later in the day applications of ice packs may be helpful. Ice can be used in a plastic bag with a towel around it to prevent frostbite to skin. This may be used every 2 hours for 20 to 30 minutes, or as needed, while awake or as directed by your caregiver.
- If you find with heat and cold that one works better than the other, continue to use the one giving the most relief.
- Sleep at night with a flat pillow.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If physical therapy was prescribed, follow your caregiver's directions. If a cervical collar or cervical traction device was prescribed, use them as directed.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain not controlled with medications.
- You seem to be getting worse rather than better.
- You develop weakness in your hand or arm.
- You develop new numbness or loss of feeling in your arms or legs.
- You develop loss of bowel or bladder control.
- You have difficulty with walking or balance, or develop clumsiness in the use of your arms or legs.

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Musculo-Skeletal Pain

You have muscle and boney aches and pains. These pains can occur in any part of the body. There is often not a definite cause or reason for these pains. Your caregiver may treat you without knowing the cause of the pain. They may treat you if laboratory (blood or urine), x-ray, and other tests were normal. These pains may be caused by a virus. The discomfort may also come from overuse. Overuse includes working out too hard when your body is not fit. Boney aches also come from weather changes. Bone is sensitive to atmospheric pressure changes.

It is important to follow up with you caregiver if you have a painful condition and no reason can be found for the pain. If the pain becomes worse or does not go away, it may be necessary to repeat tests or do additional

testing. Your caregiver may need to look further for a possible cause.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- For the protection of your privacy, test results can not be given over the phone. Make sure you receive the results of your test. Ask as to how these results are to be obtained if you have not been informed. **It is your responsibility to obtain your test results.**
- You may continue all activities unless the activities cause more pain. When the pain lessens, it is important to gradually resume normal activities. Resume activities by beginning slowly. Gradually increase the intensity and duration of the activities or exercise. During periods of severe pain, bed rest may be helpful. Lay or sit in any position that is comfortable.
- Ice used for *acute* (sudden) conditions may be effective. Use a large plastic bag filled with ice and wrapped in a towel. This may provide pain relief. If ice is not helpful, try applying heat. This may provide comfort. Use ice or heat for thirty minutes four times per day. **Do not sleep with a heating pad.** If you are diabetic, do not use a heating pad unless instructed to do so.
- See your caregiver for continued problems. They can help or refer you for exercises or physical therapy if necessary.

If given medications for your condition **do not** drive, operate machinery or power tools, or sign legal documents for 24 hours. Do not drink alcohol. Do not take sleeping pills or other medications that may interfere with treatment.

SEEK IMMEDIATE MEDICAL CARE IF

- You have pain that is getting worse and is not relieved by medications.
- You develop chest pain that is associated with shortness or breath, sweating, nausea, or vomiting.
- Your pain becomes localized to the abdomen.
- You develop any new symptoms that seem different or that concern you.

AGREEMENT BETWEEN PATIENT AND HEALTHCARE TEAM:

Your signature on this document represents an understanding between you and the healthcare team that took care of you today. That means that you:

- Understand these discharge instructions.
- Will monitor your condition.
- Will seek immediate medical care as instructed.

Document Released: 12/18/2006 Document Re-Released: 06/05/2009
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IMPORTANT: HOW TO USE THIS INFORMATION: This is a summary and does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your health care professional. Always ask your health care professional for complete information about this product and your specific health needs.

DIAZEPAM - ORAL

PRONOUNCED:(dye-AZ-eh-pam)
COMMON BRAND NAME(S): Valium

USES: Diazepam is used to treat anxiety, acute alcohol withdrawal, and seizures. It is also used to relieve muscle spasms and to provide sedation before medical procedures. This medication belongs to a class of drugs called benzodiazepines which act on the brain and nerves (central nervous system) to produce a calming effect. It works by enhancing the effects of a certain natural chemical in the body (GABA).

OTHER USES: This section contains uses of this drug that are not listed in the approved professional labeling for the drug but that may be prescribed by your health care professional. Use this drug for a condition that is listed in this section only if it has been so prescribed by your health care professional. This medication may also be used to prevent extremely

bad nightmares (night terrors).

HOW TO USE:

Take this medication by mouth as directed by your doctor. The dosage is based on your medical condition, age, and response to therapy. If you are taking a liquid form of this medication, use a medication measuring device to carefully measure out the prescribed dose. Do not use a household spoon because you may not get the correct dose. If you are using the oral concentrate solution, use the dropper provided to carefully measure out the dose and mix it in liquid or soft food (e.g., applesauce, pudding) just before taking. Use this medication exactly as prescribed. Do not increase your dose, take it more frequently or use it for a longer period of time than prescribed because this drug can be habit-forming. Also, if used for an extended period of time or for seizure control, do not suddenly stop using this drug without your doctor's approval. Some conditions may become worse when the drug is abruptly stopped. Your dose may need to be gradually decreased. When used for an extended period, this medication may not work as well and may require different dosing. Talk with your doctor if this medication stops working well. Avoid eating grapefruit or drinking grapefruit juice while being treated with this medication unless your doctor instructs you otherwise. Grapefruit juice can increase the amount of certain medications in your bloodstream. Consult your doctor or pharmacist for more details. Inform your doctor if your condition persists or worsens.

SIDE EFFECTS:

Drowsiness, dizziness, fatigue, constipation, blurred vision, or headache may occur. If any of these effects persist or worsen, notify your doctor or pharmacist promptly. Remember that your doctor has prescribed this medication because he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor immediately if any of these unlikely but serious side effects occur: mental/mood changes (e.g., memory problems, agitation, hallucinations), slurred speech, clumsiness, trouble walking, decreased/increased interest in sex, tremor, trouble urinating, sleep disturbances. Tell your doctor immediately if any of these highly unlikely but very serious side effects occur: stomach/abdominal pain, persistent nausea, vomiting, yellowing eyes or skin, dark urine, persistent sore throat or fever. A serious allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. Symptoms of a serious allergic reaction include: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US - Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. In Canada - Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345.

PRECAUTIONS:

Before taking diazepam, tell your doctor or pharmacist if you are allergic to it; or to other benzodiazepines (e.g., alprazolam, lorazepam); or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. This medication should not be used if you have certain medical conditions. Before using this medicine, consult your doctor or pharmacist if you have: glaucoma (narrow-angle), a certain muscle disease (myasthenia gravis), breathing trouble during sleep (sleep apnea). Before using this medication, tell your doctor or pharmacist your medical history, especially of: liver disease, kidney disease, lung/breathing problems (e.g., COPD), drug or alcohol abuse, glaucoma (open-angle). This drug may make you dizzy or drowsy or cause blurred vision. Do not drive, use machinery, or do any activity that requires alertness or clear vision until you are sure you can perform such activities safely. Avoid alcoholic beverages. Some liquid products may contain alcohol. Ask your doctor or pharmacist about using this product safely. Caution is advised when using this drug in children because it may affect children differently, causing restlessness or mental/mood changes (e.g., agitation, hallucinations) instead of calm. Older adults may be more sensitive to the side effects of this drug, especially drowsiness and loss of coordination. These side effects can increase the risk of falling. This medication may also affect the elderly differently, causing restlessness or mental/mood changes (such as agitation, hallucinations) instead of calm. This medication is not recommended for use during pregnancy due to the potential for harm to an unborn baby. If you become pregnant or think you may be pregnant, inform your doctor immediately. Consult your doctor for more details. This drug passes into breast milk and may have undesirable effects on a nursing infant. Therefore, breast-feeding while using this medication is not recommended. Consult your doctor before breast-feeding.

DRUG INTERACTIONS:

See also the How to Use section. Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this drug include: certain anti-depressants (e.g., fluoxetine, fluvoxamine, nefazodone), cimetidine, clozapine, digoxin, disulfiram, kava, ketoconazole, levodopa, omeprazole, phenytoin, sodium oxybate. Tell your doctor or pharmacist if you also take drugs that cause drowsiness such as: antihistamines that cause drowsiness (e.g., diphenhydramine), anti-seizure drugs (e.g., carbamazepine), medicine for sleep (e.g., sedatives), muscle relaxants, narcotic pain relievers (e.g., codeine), psychiatric medicines (e.g., phenothiazines such as chlorpromazine, or tricyclics such as amitriptyline), tranquilizers. Check the labels on all your medicines (e.g., cough-and-cold products) because they may contain drowsiness-causing ingredients. Ask your pharmacist about the safe use of those products. This product can affect the results of certain lab tests. Make sure laboratory personnel and your doctors know you use this drug. Smoking can decrease the effectiveness of this drug (through liver enzyme induction). Tell your doctor if you smoke or if you have recently stopped smoking because your dose may need to be adjusted.

Cervical Radiculopathy

Cervical radiculopathy is a pinched nerve in the neck. When this happens you may have pain or numbness shooting from your neck all the way down into your arm and fingers. There are many causes of this problem. Sometimes this may happen from an injury or simply from muscle tightness in the neck from overuse. It may also happen from arthritis or boney problems. If there is no improvement after treatment, further studies may be done to find the exact cause.

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