

PRINCIPAL DIAGNOSIS	
Adenocarcinoma of rectum, HTN, DM, UTI	
DISCHARGE COGNITIVE STATUS	
Intact	
DISCHARGE PLAN OF CARE	
Return to Prior Level of Function	
Comply with Treatment Plan	
DIET	
Diet: Diabetic diet	
Limit salt intake	
DISCHARGE ACTIVITY	
Discharge Activity: As tolerated	
ACTIVITY	
MATOS, NINON MD	
INSTRUCTIONS	
FOLLOW UP APPOINTMENTS	

Medications to take as needed	Next Dose Due
lorazepam 0.5 mg Tablet 1 tablet Oral twice a day as needed Reason: Anxiously	
Scheduled Medications	Next Dose Due
insulin glargine (Lantus) 100 unit/mL Solution 15 unit subcutaneous Daily (Scheduled) at bedtime	
lisinopril 5 mg Tablet 1 tablet Oral Daily (Scheduled)	
metoprolol tartrate 25 mg Tablet 0.5 tablet Oral every twelve hours HOLD IF SBP LESS THAN 90 MM HG OR HR LESS THAN 55 BPM	
tamsulosin (Flomax) 0.4 mg capsule, extended release 24hr 1 capsule Oral Daily (Scheduled)	
ciprofloxacin 500 mg Tablet 1 tablet Oral twice a day for 2 days	

DISCHARGE MEDICATIONS (Take these medications after Discharge)	
STOP sotalol 120 mg Tablet 1 tablet Oral Daily (Scheduled)	STOP metFORMIN 500 mg Tablet
STOP simvastatin 20 mg Tablet 1 tablet Oral Daily (Scheduled)	STOP glimepiride 2 mg Tablet 1 tablet Oral Daily (Scheduled)

STOP TAKING THESE MEDICATIONS	
Patient Name: GLADKI, EDWARD A	
Date of Birth: 10/13/1949	
Admit Date: 11/03/2015 2:08 pm	
Location: 6N 656-02	
Allergies: No Known Drug Allergies	
MRN: 00000577759	Attending Dr: MATOS, NINON MD
Acct No: 101501256800	Age / Sex: 66Y / M



Patient Name: GLADKI, EDWARD A		MRN: 00000577759		Acct No: 101501256800		Age / Sex: 66Y / M		Attending Dr: MATOS, NINON MD	
Date of Birth: 10/13/1949		Admit Date: 11/03/2015 2:08 pm		Location: 6N 556-02		Allergies: No Known Drug Allergies			
Follow up With:		Dr Draganescu		When 1: 1-3 Days		When 2: 1 to 2 weeks		When 3: 4-6 Days	
With 2:		Dr Beisler (urology) 8566731600		When 4: 4-6 Days		When 5: 4-6 Days			
With 3:		Dr. Berg (surgeon)							
With 4:		Dr Fernandez (Oncologist)							
With 5:		Dr. Harvey (radiation oncologist)							
Reference Note:		Berg, MD, David							
		120 White Horse Pike, Suite 103							
		Haddon Heights, NJ 08035							
		Doctor Surgery Phone: (856) 546-3900							
ADDITIONAL INSTRUCTIONS									
Additional Instructions:									
Consultant1:									
Consultant2:									
SPECIAL CARE INSTRUCTIONS									
VACCINES									
Pneumonia Vaccine given this Admission:		Yes		Pneumonia Adm Date: 11/04/2015		Influenza Adm Date: 11/04/2015		Other Vaccine: No	
Influenza Vaccine given this Admission:		Yes						Other Vac Adm Date:	
COMMUNITY REFERRALS		When		Phone		WITHIN 48HRS OF DC		856-691-7035	
Home Health Agency: CARELINK									
Home Health Comment: NURSING									
INSTRUCTIONS									
STROKE RISK FACTORS AND HOW TO REDUCE THEM									
To reduce risk of stroke: Control your BP, diabetes and cholesterol. Don't smoke, maintain ideal body weight, limit alcohol consumption and exercise as your doctor advises. Take only medications prescribed by your physician. Do not take herbal medications or over the counter medications unless prescribed by your physician. Follow up with your Primary Care Physician within 2 weeks, unless otherwise specified. Call 911 if you have any of these warning signs/symptoms: numbness/weakness of face, arm or leg; especially on one side of the body - confusion or trouble speaking or understanding, trouble seeing in one or both eyes - dizziness, loss of balance or coordination, trouble walking - severe headache with no known cause.									
IF YOU HAVE BEEN DIAGNOSED WITH CONGESTIVE HEART FAILURE									
DIET: Salt causes the fluid to build up in the body. This makes the heart work harder. Follow the diet your doctor gave you including any limit to fluids. Read food labels and watch out for foods that contain sodium or MSG.									
ACTIVITY: Your heart muscle needs exercise to help it work. The best kind of exercises for your heart are aerobic exercises like walking. Follow the activity suggestions from your doctor.									
FOLLOW UP APPT: Keep your appointments with the doctor. Your doctor will carefully watch your progress and make changes in your treatment plan if necessary.									

Our Lady of Lourdes MC

Medical Discharge Instructions



UNDERSTANDING OF DISCHARGE INSTRUCTIONS: The Discharge instructions were explained to me and/or us. All of my questions have been answered to my satisfaction. I also give the hospital permission to release necessary information to referral agencies. I have received a copy of these instructions.

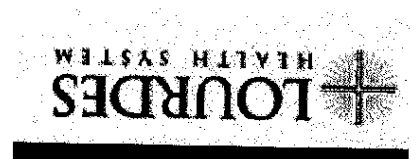
If you have any medication or medical questions, please contact your physician.

Please bring your Discharge Instructions to all follow up visits

- ☐ Reviewed Discharge Instructions with Patient/Significant Other
- ☐ Patient/Significant Other verbalized Understanding of Discharge Instructions through teachback with nursing staff
- ☐ Patient/Significant other Received Written Instructions
- ☐ Prescription(s) Provided to Patient/Significant Other
- ☐ Discharge Instruction Reviewed with the Assistance of Interpreter Name / ID Number _____

TITLE OF INSTRUCTIONS GIVEN	
Lourdes Wellness Center at 856-869-3125 or NJ Quitline 1-866-NJ STOPS.	
Quitting smoking now reduces chances of a future heart attack and reduces chances of other life shortening illnesses. All tobacco products and second hand smoke should be avoided. If you smoke, please refer to the Patient Admission Guide/Call	
SMOKING CESSATION	
If you are emotionally in need of Crisis Intervention, please call the Crisis Hotline telephone number: 856-541-8710	
CRISIS INFORMATION	
MEDICATIONS: Taking too much or too little medication can be harmful to your heart. Follow your doctor's instructions. Even if you start to feel better, don't stop taking your medicine or change how you take them unless your doctor tells you.	
SIGNS & SYMPTOMS: The signs and symptoms of Heart Failure are shortness of breath, difficulty breathing when you exert yourself, problems breathing when you lie flat, rapid weight gain, swelling of the abdomen, feet, or ankles; weakness or tiredness with little effort, confusion or trouble concentrating, a racing or skipping heartbeat, dizziness or fainting. If you notice any of these symptoms, tell your doctor right away or come to the Emergency Room.	
WEIGHT MONITORING: Rapid weight gain can be a sign that you are retaining fluid. Weigh yourself every day at the same time (usually 1st thing in the morning.) When you weigh yourself, do it after urinating and before eating, and try to use the same scale. Write down your weight. Call your doctor if you gain 2 pounds or more in 2 days or 5 pounds or more in 5 days.	
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Medical Discharge Instructions



Signature of Patient or Authorized Representative _____
Relationship to Patient (if Other than Patient) _____
Signature of RN _____
Date: _____ Time: _____
Date/Time
11/05/15 15:20
11/06/15 09:17
11/07/15 08:39
11/07/15 11:06
Jill RAMOS
MICHAEL CONSOLO
NINON MATOS, MD
JOHANNA CRUZ, RN

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