

FOLLOWUP WITH YOUR DOCTOR

You were examined and treated today on an emergency basis only. This does not substitute for complete medical care. **Your visit here is not complete without an examination by your primary care physician.** It is your responsibility to contact your primary care doctor for a follow-up visit as soon as possible. You may also have been given the name of a specialist to contact. It is your responsibility to contact and make an appointment with the specialist as well. We have not made any appointments for you.

If you do not have a primary doctor, then you may have been given the contact information of the doctor who is on call to see new patients after their visit today. If so, call the number listed here and make an appointment. If not, then you need to choose a primary care physician. Either call your insurance company for a listing or use the yellow pages. Failure to follow up with a primary care doctor as soon as possible may worsen your medical condition and cause long term disabilities. If your symptoms worsen before you can see your doctor, come back to the emergency department.

LEARN YOUR MEDICATIONS

If you have been given a prescription, you are responsible for properly filling your prescription and following the instructions exactly. Be sure to get it filled right away. Do not drive or operate machinery until you know what effect the medicine will have on your body. If your prescription makes you tired, or sleepy, or contains narcotics, **you should not drink alcohol, including beer and wine, drive, or participate in any other activities that you need to be clear-headed for.** If you do not think it is helping, call your primary care doctor. Do not increase how much you take or how often you take it without talking to your doctor first. Do not take other people's medications. Failure to take your medications properly can lead to medical problems including but not limited to overdose or death. If you need medication refills, please contact your primary care doctor. We do not provide medication refills.

KNOW YOUR DIAGNOSIS

You have also been given additional sheets of paper explaining your diagnosis, prescriptions, home care instructions and any warning signs. Read this information carefully. **By signing this discharge form, or having your responsible party sign, you agree that you have received this information and are responsible for reading it.** Please ask questions and ask the nurse to go over anything you don't understand before you leave. After that time, you are responsible for knowing your medical condition, how that condition is being treated and what things require an immediate reevaluation.

RESPOND TO WARNING SIGNS

If your symptoms do not improve within the timeline we discussed, or they become worse, either contact your primary care physician immediately or come back to the emergency department. In the event of an emergency, dial 9-1-1 for an ambulance. Medical emergencies include but are not limited to: sudden headache, fever, dizziness, paralysis, chest pain, stomach pain, nausea and vomiting, unable to keep fluids down or any other symptoms that worry you.

STAY HEALTHY

Eat a balanced diet appropriate for your ideal body weight and get plenty of exercise. If you smoke, stop. If someone else in your household smokes, ask them to smoke outside. Always use a seatbelt. Do not abuse alcohol or drugs. Ask for help if you are addicted.