

General

Discharge Order (Single Response)

Discharge patient Discharge at 12:00 AM
 Specific Destination:
 Is a readmission planned within 30 days?

Discontinue tubes/drains/telemetry

Discontinue Telemetry Routine, Once
 Discontinue Foley catheter Routine, Once
 Discharge home with Foley catheter Routine, Once
 Discontinue IV Routine, Once For 1 Occurrences
 Deaccess port
 Deaccess Port-a-cath Routine, Once
 heparin, porcine (PF) 100 unit/mL injection intra-catheter, once

Discharge Activity (Selection Required)

Activity as tolerated Routine, Normal
 Ambulate with assistance or assistive device Routine, Normal
 Lifting restrictions Routine, Normal, No lifting over 10 pounds.
 Weight bearing restrictions (specify) Routine, Normal
 Weight Bearing Status:
 Extremity:

 Moderate bedrest with complete pelvic rest (no tampons, douching, sex) Routine, Normal
 Complete pelvic rest (no tampons, douching, sex) Routine, Normal
 No driving for 2 weeks Routine, Normal
 Shower instructions: Routine, Normal, ***
 Discharge activity Routine, Normal
 Other restrictions (specify): Routine, Normal, ***

Discharge Activity

Activity as tolerated Routine, Normal
 Ambulate with assistance or assistive device Routine, Normal
 Lifting restrictions Routine, Normal, No lifting over 10 pounds.
 Weight bearing restrictions (specify) Routine, Normal
 Weight Bearing Status:
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 Moderate bedrest with complete pelvic rest (no tampons, douching, sex) Routine, Normal
 Complete pelvic rest (no tampons, douching, sex) Routine, Normal
 No driving for 2 weeks Routine, Normal
 Shower instructions: Routine, Normal, ***
 Discharge activity Routine, Normal
 Other restrictions (specify): Routine, Normal, ***

Discharge Post Operative Patient Instructions (Selection Required)

This order communicates who provided Post Operative Patient Instructions. You can use SmartPhrases in Comments to pull in these instructions. All order Comments will appear on the Discharge Summary note and the Patient's After Visit Summary.

Discharge post operative patient instructions Routine, Normal
 Post-Operative discharge instructions provided by:

Wound/Incision Care

<input type="checkbox"/> Discharge wound care	Routine, Normal, ***
<input type="checkbox"/> Discharge incision care	Routine, Normal, ***
<input type="checkbox"/> Discharge dressing	Routine, Normal, ***

Discharge Diet (Single Response) (Selection Required)

<input type="checkbox"/> Discharge Diet	Routine, Normal Discharge Diet:
<input type="checkbox"/> Discharge Diet- Regular	Routine, Normal Discharge Diet: Regular

Discharge Diet (Single Response)

<input type="checkbox"/> Discharge Diet	Routine, Normal Discharge Diet:
<input type="checkbox"/> Discharge Diet- Regular	Routine, Normal Discharge Diet: Regular

Patient to notify physician

<input type="checkbox"/> Call physician for:	Routine, Normal, Temperature greater than 100.5
<input type="checkbox"/> Call physician for: Persistent nausea or vomiting	Routine, Normal
<input type="checkbox"/> Call physician for: severe uncontrolled pain	Routine, Normal
<input type="checkbox"/> Call physician for: redness, tenderness, or signs of infection (pain, swelling, redness, odor or green/yellow discharge from affected area)	Routine, Normal
<input type="checkbox"/> Call physician for difficulty breathing, chest pain, persistent dizziness or light-headedness	Routine, Normal
<input type="checkbox"/> Call physician for:	Routine, Normal, ***

Additional Patient Discharge Education

<input type="checkbox"/> Nurse to provide discharge education	Routine, Once Patient/Family: Both Education for: Other (specify) Specify: Nurse to provide patient education
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COVID 19 Discharge instructions

[] CONFIRMED POSITIVE: COVID 19 Discharge instructions: Patients with Novel Coronavirus (COVID-19)

Routine, Normal, You've been diagnosed with a viral syndrome and have a virus referred to as SARSCoV-2, otherwise known as the Novel Coronavirus (COVID-19).

Please follow these precautions:

- As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home (quarantine) and minimize contact with others to avoid spreading an infection.
- Separate yourself from other people and animals in your home as much as possible. Stay in a specific room and away from other people in your home. Use a separate bathroom if possible. Do not handle pets or other animals while sick.
- Avoid sharing personal household items, such as dishes, glasses, eating utensils, towels or bedding. After using these items, they should be washed thoroughly with soap and water.
- Clean all "high-touch" surfaces every day (e.g., counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables). Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe and follow the instructions on the label to ensure safe and effective use of the cleaning product.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer containing at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and immediately wash or clean your hands as outlined above.
- If your symptoms worsen and you have trouble breathing, chest pain, are unable to eat or drink enough and/or have severe vomiting, diarrhea or weakness, you may need to return to the emergency department or contact your clinic provider for re-evaluation. When seeking care at a healthcare facility, put on a facemask before you enter the facility.

If you experience any of these symptoms,

- Severe shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call 911 and notify the dispatch personnel that you have COVID-19. If you decide to go to the ER directly yourself, call them before you arrive and let them know you have COVID-19. Wear a facemask when you enter.

Only call your local health department and/or Employee Health after you've called 911 if you experience any emergency warning signs.

Visit the CDC for more information.
[CDC.GOV/CORNAVIRUS/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

Place Follow-Up Order (Selection Required)

<input type="checkbox"/> Follow-up with me	Follow up with me: Clinic Contact: Follow up in: On date: Appointment Time:
<input type="checkbox"/> Follow-up with primary care physician	Routine, Normal
<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with department	Details

Place Follow-Up Order

<input type="checkbox"/> Follow-up with me	Follow up with me: Clinic Contact: Follow up in: On date: Appointment Time:
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<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
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<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with physician	Follow up on: Appointment Time: Follow up in: Instructions for Follow Up:
<input type="checkbox"/> Follow-up with department	Details

Discharge Instructions

[] Additional discharge instructions for Patient

Routine, Normal

Post-operative discharge instructions provided by: Physician/Physician's Office. Contact office with any questions. You may experience incision pain, sore throat, and stiff neck after surgery. Take two 500 mg tablets of acetaminophen by mouth around the clock every 8 hours for the first 2 days after surgery, and subsequently as needed for pain. The scheduled pain medications prevent early surgical pain. Do not wait until pain worsens to take these medications. Use benzocaine lozenge or mouth spray as needed for sore throat. If needed, apply a heating pad to the stiff neck for 15-20 minutes and massage your neck muscles gently. If prescribed by your surgeon, place 1 lidocaine 4% patch on the back of the neck away from the incision site and keep it for 12 hours. Do not use more than one patch in a 24-hour period.

Opioid pain medications are rarely needed after your surgery. Opioids can cause drowsiness and constipation. If you receive an opioid prescription (for example, tramadol), use it for severe breakthrough pain only and do not drive or drink alcohol while taking it. Please take unused opioids to a controlled substance disposal location (<https://takebackday.dea.gov/>), dispose after mixing with dirt, or use a disposal envelope if one was provided by the hospital or pharmacy.

Pain medications may cause nausea and vomiting. You may take the medications with food. Do not take more than 3000 mg of acetaminophen in 24 hours (includes all acetaminophen-containing products including combination products). Please call our office if you have any questions about your pain medications.

Medications

Opioids were purposefully omitted from this order set. Several studies have demonstrated that most patients undergoing thyroid and parathyroid surgeries do not require opioid discharge prescriptions for pain. If opioid discharge prescriptions are provided for these surgeries, up to 7% of patients will use opioids 3 to 6 months after surgery. Please consider managing this patient's post-operative pain with non-opioid analgesics only.

Pain Medications

Ibuprofen is not recommended for patients with eGFR LESS than 30 mL/min or acute kidney injury. Use with caution in patients on blood thinners and in patients with Grave's disease, large goiter, or age over 65 years due to increased risk of postoperative bleeding.

[] ibuprofen (ADVIL) 200 MG tablet

Normal, 60 tablet, 0