

Refusal / Discharge Instructions

UNIVERSAL INSTRUCTIONS:

- YOU HAVE NOT RECEIVED A COMPLETE MEDICAL EVALUATION. SEE A PHYSICIAN AS SOON AS POSSIBLE.
- IF AT ANY TIME AFTER YOU HAVE TAKEN ANY MEDICATION, YOU HAVE TROUBLE BREATHING, START WHEEZING, GET HIVES OR A RASH, OR HAVE ANY UNEXPECTED REACTION, CALL 911 IMMEDIATELY.
- IF YOUR SYMPTOMS WORSEN AT ANY TIME, YOU SHOULD SEE YOUR DOCTOR, GO TO THE EMERGENCY DEPARTMENT OR CALL 911.

ABDOMINAL PAIN:

- Abdominal pain is also called belly pain. Many illnesses can cause abdominal pain and it is very difficult for EMS to identify the cause.
- Take your temperature every 4 hours.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Your pain gets worse or is now only in 1 area
- You vomit (throw up) blood or find blood in your bowel movement
- You become dizzy or faint
- Your abdomen becomes distended or swollen
- You have a temperature over 100° F
- You have trouble passing urine
- You have trouble breathing

BACK PAIN:

- Apply heat to the painful area to help relieve pain. You may use a warm heating pad, whirlpool bath, or warm, moist towels for 10 to 20 minutes every hour.
- Stay in bed as much as possible the first 24 hours.
- Begin normal activities when you can do them without causing pain.
- When picking things up, bend at the hips and knees. Never bend from the waist only.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- You have shooting pains into your buttocks, groin, legs, or arms or the pain increases.
- You have trouble urinating or lose control of your stools or urine.
- You have numbness or weakness in your legs, feet, arms, or hands.

FEVER:

- Always take medications as directed. Tylenol and Ibuprofen can be taken at the same time.
- If you are taking antibiotics, take them until they are gone, not until you are feeling better.
- Drink extra liquids (1 glass of water, soft drink or gatorade per hour of fever for an adult)
- If the temperature is above 103° F, it can be brought down by a sponge bath with room temperature water. Do not use cold water, a fan, or an alcohol bath.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Temperature is greater than 101° F for 24 hours
- A child becomes less active or alert.
- The Temperature does not come down with Acetaminophen (Tylenol) or Ibuprofen with the appropriate dose.

HEAD INJURY:

- Immediately after a blow to the head, nausea, and vomiting may occur.
- Individuals who have sustained a head injury must be checked, and if necessary awakened, every 2 hours for the first 24 hours.
- Ice may be placed on the injured area to decrease pain and swelling.
- Only drink clear liquids such as juices, soft drinks, or water the first 12 hours after injury..
- Acetaminophen (Tylenol) or Ibuprofen only may be used for pain.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- The injured person has persistent vomiting, is not able to be awakened, has trouble walking or using an arm or leg, has a seizure, develops unequal pupils, has a clear or bloody fluid coming from the ears or nose, or has strange behavior.

INSECT BITE/STING:

- A bite or sting typically is a red lump which may have a hole in the center. You may have pain, swelling and a rash. Severe stings may cause a headache and an upset stomach (vomiting).
- Some individuals will have an allergic reaction to a bite or sting. Difficulty breathing or chest pain is an emergency requiring medical care.
- Elevation of the injured area and ice (applied to the area 10 to 20 minutes each hour) will decrease pain and swelling.
- Diphenhydramine (Benadryl) may be used as directed to control itching and hives.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- You develop any chest pain or difficulty breathing.
- The area becomes red, warm, tender, and swollen beyond the area of the bite or sting.
- You develop a temperature above 101° F.

RESPIRATORY DISTRESS:

- Respiratory Distress is also known as shortness of breath or difficulty breathing.
- Causes of Respiratory Distress include reactions to pollen, dust, animals, molds, foods, drugs, infections, smoke, and respiratory conditions such as Asthma and COPD. If possible avoid any causes which produce respiratory distress.
- If you have seen a physician for this problem, take all medication's as directed.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Temperature is greater than 101° F.
- The cough, wheezing, or breathing difficulty becomes worse or does not improve even when taking medications.
- You have Chest Pain.
- Sputum (spit) changes from clear to yellow, green, grey, or becomes bloody.
- You are not able to perform normal activities.

EXTREMITY INJURY:

- Extremity Injuries may consist of cuts, scrapes, bruises, sprains, or broken bones (fractures).
- Apply ice on the injury for 15 to 20 minutes each hour for the first 1 to 2 days.
- Elevate the extremity above the heart as possible for the first 48 hours to decrease pain and swelling.
- Use the extremity as pain allows.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Temperature is greater than 101° F.
- The bruising, swelling, or pain gets worse despite the treatment listed above.
- Any problems listed on the **Wound Care instructions** are noted.
- You are unable to move the extremity or if numbness or tingling is noted.
- You are not improved in 24 to 48 hours or you are not normal in 7 to 10 days.

VOMITING/DIARRHEA:

- Vomiting (throwing up) can be caused by many things. It is common in children, but should be watched closely.
- Diarrhea is most often caused by either a food reaction or infection.
- Dehydration is the most serious problem associated with vomiting or diarrhea.
- Drink clear liquids such as water, apple juice, soft drinks, or gatorade for the first 12 hours or until things improve. Adults should drink 8 to 12 glasses of fluids per day with diarrhea. Children should drink 1 cup of fluid for each loose bowel movement.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Temperature is greater than 101° F.
- Vomiting or Diarrhea lasts longer than 24 hours, gets worse, or blood is noted.
- You cannot keep fluids down or no urination is noted in 8 hours.

WOUND CARE:

- Wounds include cuts, scrapes, bites, abrasions, or puncture wounds.
- If the wound begins to bleed, apply pressure over the wound with a clean bandage and elevate the wound above the heart for 5 to 10 minutes.
- Unless instructed otherwise, clean the wound twice daily with soapy water, and keep the wound dry. It is safe to take a shower but do not place the wound in bath or dish water.
- See a physician for a tetanus shot if it has been 10 years or more since your last one.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- See the **Extremity Injury instructions**.
- Temperature is greater than 101° F.
- Bruising, swelling, or pain gets worse or bleeding is not controlled as directed above.
- Any signs of infection, such as redness, drainage of yellow fluid or pus, red streaks extending from the wound, or a bad smell is noted.

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Chest Pain:

- There are many causes of chest pain.
- Some of the causes include: heart problems, heartburn, esophagus disorders, pneumonia, pleurisy, pulmonary embolism, panic attacks or inflammation in your chest.
- Some of these problems can be serious and life threatening.
- Chest Pain should be evaluated by a physician.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- If increase in pain or pressure in chest.
- Sweating
- Unexplained weakness, dizziness, lightheadedness
- Shortness of breath
- Nausea or vomiting
- Fast or irregular heart beat

Syncope - Fainting :

- Fainting is a temporary loss of consciousness.
- There are many causes for fainting.
- Fainting usually occurs when your blood pressure drops suddenly and a decrease in blood flow to the brain results.
- Some of the causes include: heart problems, drop in blood sugar, certain medication, emotional distress, standing up too quickly, heat or dehydration.
- Syncope/Fainting should be evaluated by a physician.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- Unexplained weakness, dizziness, lightheadedness continues.
- Shortness of breath
- Nausea or vomiting
- Pain or pressure in the chest
- Fast or irregular heart beat

Hypertension – High Blood Pressure:

- High blood pressure is a common condition that may cause health problems, such as heart disease.
- You can have high blood pressure for years without any symptom.
- Uncontrolled high blood pressure increases your risk of serious health problems including heart attack and stroke.
- High blood pressure is generally defined as a pressure over 140/90.
- Have your blood pressure checked regularly and see a physician if it is high.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- You have other symptoms such as headache, dizziness, shortness of breath, chest pain or nosebleeds.

Low Blood Sugar:

- Causes of low blood sugar: too little food, too much insulin or diabetes pills and/or more active than usual.
- The onset is often sudden.
- Some Symptoms include: shaky, sweating, fast heartbeat, blurry vision, headache, irritable, weakness or fatigue.
- If you feel like your blood sugar is low, check your blood glucose. If you can't treat anyway.
- Treat by eating glucose tablets, candies, fruit juice or regular soda pop.
- Check blood glucose again.
- Eat something in addition to the sugar note above with protein and/or carbohydrates to last longer.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- If symptoms do not improve or stop.

High Blood Sugar:

- Causes of high blood sugar: too much food, too little insulin or diabetes's pills, illness or stress.
- The onset often starts slowly.
- Some Symptoms include: extreme thirst, need to urinate often, dry skin, hungry, drowsy, slow healing of wounds.
- Check blood glucose.
- If your blood glucose is higher than your goal and you don't know why call your healthcare provider.

Call or see a physician, go to the emergency department, or call 911 immediately if:

- If symptoms do not improve or stop.

Unsafe Situation:

- Are you currently in a relationship / situation where you feel unsafe or threatened?

Information about shelter and alternatives is available 24 hours a day by contacting the Domestic Violence Hotline at:

- Illinois hotline 877-863-6338
- National hotline 800-799-7233 / TTY 800-787-3224
- <http://www.ilcadv.org/>

Narcan:

- You have received Narcan for an apparent Narcotic overdose. You were unconscious and breathing was compromised. Narcan was administered to save your life.
- **We strongly recommend that you go to the hospital for additional medical care.** The Narcan may wear off before the Narcotic is out of your system. If that happen you could die
- We cannot take you against your will.
- We recommend that you do not do any more drugs or alcohol.



Refusing against EMS advice:

Patients that have apparent decision making capacities have the right to refuse. We recommend the following:

- You seek medical care.
- You stay with a responsible adult who will observe you and call 911 if needed.
- **Please call 911 or seek medical attention if you change your mind.**