

**** Bring this Plan to ALL Appointments****



After Hospital Care Plan for:

John Doe

Discharge Date: October 20, 2006



Question or Problem about this Packet? Call your Discharge Advocate: (617) 444-1111


Serious health problem? Call Dr. Brian Jack: (617) 444-2222



EACH DAY follow this schedule:



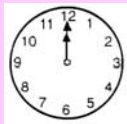
MEDICINES

What time of day do I take this medicine?	Why am I taking this medicine?	Medication name Amount	How much do I take?	How do I take this medicine?
 Morning	Blood pressure	PROCARDIA XL NIFEDIPINE 90 mg	1 pill	By mouth
	Blood pressure	HYDROCHLOROTHIAZIDE 25 mg	1 pill	By mouth
	Blood pressure	CLONIDINE HCl 0.1 mg	3 pills	By mouth
	cholesterol	LIPITOR ATORVASTATIN CALCIUM 20 mg	1 pill	By mouth
	stomach	PROTONIX PANTOPRAZOLE SODIUM 40 mg	1 pill	By mouth





Morning

heart	ASPIRIN EC 325 mg	1 pill	By mouth
To stop smoking	NICOTINE 14 mg/24 hr	1 patch	On skin
Then, after 4 weeks use →	NICOTINE 7 mg/24 hr	1 patch	On skin
Blood pressure	COZAAR LOSARTAN POTASSIUM 50 mg	1 pill	By mouth
Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5 % soln	1 drop	In your left eye



Noon

Blood pressure	ATENOLOL 75 mg	1 pill	By mouth
Blood pressure	LISINOPRIL 40 mg	1 pill	By mouth
Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5 % soln	1 drop	In your left eye

 Evening	Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5 % soln	1 drop	In your left eye
 Bedtime	Blood pressure	CLONIDINE HCl 0.1 mg	3 pills	By mouth
If you need it for headache	headache	TRAMADOL HCl 50 mg	1-2 pills Every 6 hours If you need it	By mouth
If you need it for chest pain	Chest pain	NITROGLYCERIN 0.4 mg	1 pill every 5 minutes (if need more than 3 pills, call 911)	Under your tongue
If you need it to stop smoking	To stop smoking	NICORELIEF NICOTINE POLACRILEX 4 mg gum	Gum	chew
If you need it for headaches	headache	PERCOCET OXYCODONE-ACETAMINOPHEN 5-325 mg	1 pill 3 times each day If you need it	By mouth

**** Bring this Plan to ALL Appointments****

John Doe

What is my main medical problem?

Chest Pain

When are my appointments?

Tuesday, October 24 th at 11:30 am	Thursday, October 26 th at 3:20 pm	Wednesday November 1 st at 9:00 am
Dr. Brian Jack Primary Care Physician (Doctor)	Dr. Jones Rheumatologist	Dr. Smith Cardiologist
at Boston Medical Center ACC – 2 nd floor	at Boston Medical Center Doctor's Office Building 4 th floor	at Boston Medical Center Doctor's Office Building 4 th floor
For a Follow-up appointment	For your arthritis	to check your heart
Office Phone #: (617) 444-2222	Office Phone #: (617) 444-7777	Office Phone #: (617) 555-1234

What exercises are good for me?

Walk for at least 20 minutes each day.

What should I eat?

Eating food that is low in fat and low in cholesterol will help you stay healthy.

What are my medication allergies?

REMEMBER you are **ALLERGIC** to **MOTRIN**.

Where is my pharmacy?

CVS Pharmacy
1500 Lincoln Ave.
Boston, MA 02121
(617) 555-8888

TRY TO QUIT SMOKING: call Jane Jones at (617) 444-8888 at Boston Medical Center



**Questions for
Dr. Jack**
For my appointment on
Tuesday, October 24th at 11:30 am



Check the box and write notes to remember what to talk about with Dr. Jack

I have questions about:

- my medicines _____
- my pain _____
- feeling stressed _____

What other questions do you have? _____

Dr Jack:

When I left the hospital, results from some tests were not available. Please check for results of these tests.

October 2006

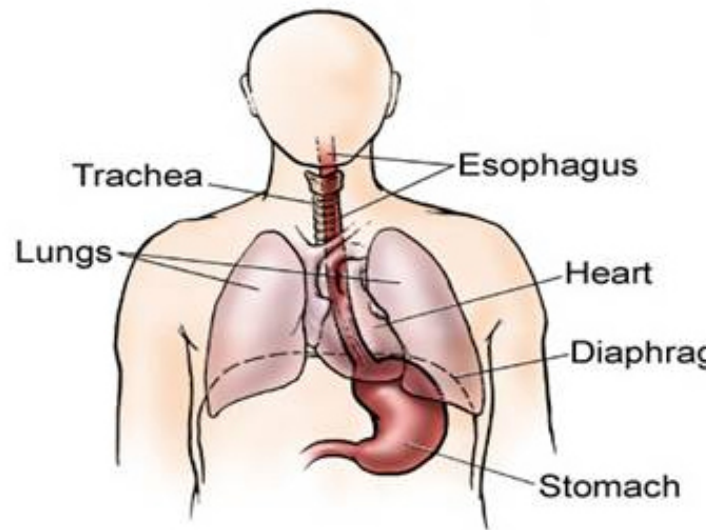
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Left hospital	21
22	23 Pharmacist will call today or tomorrow	24 Dr. Jack at 11:30 am at Boston Medical Center ACC – 2 nd floor	25	26 Dr. Jones at 3:20 pm at Boston Medical Center Doctor’s Office Building – 4 th floor	27	28
29	30	31				

November 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dr. Smith at 9:00 am at Boston Medical Center Doctor's Office Building – 4 th floor	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Boston Medical Center will call about study	21	22	23	24	25
26	27	28	29	30		

Noncardiac Chest Pain

Noncardiac chest pain is chest pain that is not caused by a heart problem.

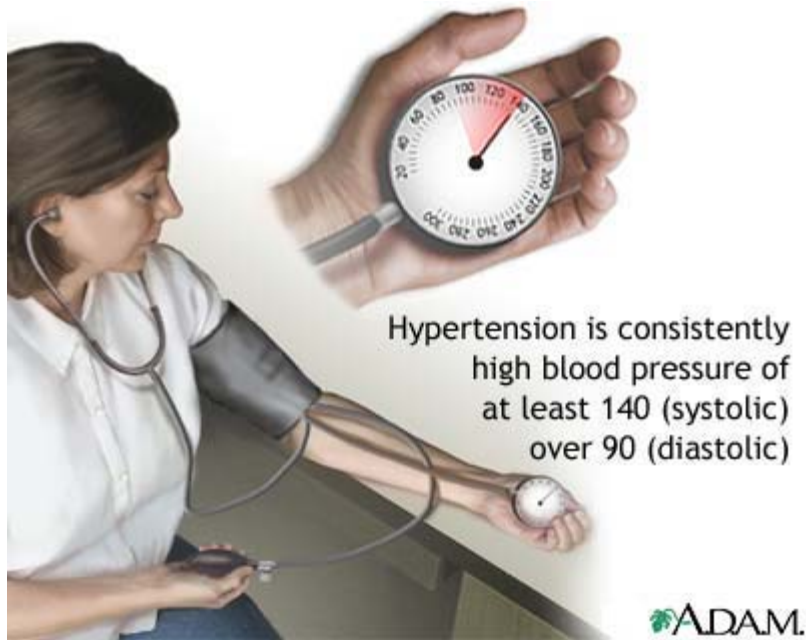


Picture adapted from The Society of Thoracic Surgeons' Website

- If your chest pain gets different or worse, call your doctor.
- Take your medications as prescribed.
- Carry your medicine with you.
- See your doctor and ask questions.

Hypertension

Hypertension means high blood pressure.



- Try to walk for 20 minutes each day.
- Avoid salty foods.
- Take your medications as prescribed.
- Carry your medicine with you.
- See your doctor and ask questions.