Beth Israel Deaconess Medical Center Perioperative Services Manual	
Title:	***Outpatient Surgery Discharge Instructions***
Policy #	***PSM 300-303***
Purpose	The goal of the Outpatient Surgery General Discharge Form is to provide instruction for patients and family member or designee with complete and concise postoperative information pertaining to their surgical/procedural and anesthesia experience.

Policy Statement:

A General Discharge Instruction and Medication Reconciliation forms will be completed by the surgeon or his designee for each patient discharged after an outpatient surgical procedure.

I. Guidelines for Implementation:

1) The patient's name and Medical Record Number will be placed on the discharge instruction sheet and medication reconciliation form.

2) The primary nurse assigned to the patient is responsible for reviewing the completed discharge instruction and medication reconciliation forms with the patient and/or family member or designee before discharge.

3) A copy is given to the patient and the originals are placed in the patient's chart.

II. Completion of form:

1. Instructions following anesthesia or sedation are reviewed with the patient and/or family member or designee.

2. Pain and Prescription Medications
    a) Indicate when patient received prescription by checking the appropriate box
    b) Document the time the last dose of narcotic medication was given and what time another dose may be taken.
    c) Review any adjunctive medication that may be taken in addition to the prescription medication for pain.
    d) Review the patient's medication list and any changes made to their current medication regimen. Attach a copy of the patient's updated medication list (printed from PIMS) to the patient's copy of the General Discharge Instruction Form.
    e) Review all medication side effects and relevant restrictions.

3. Urination
    a) If applicable, indicate time patient should expect to void. The nurse will review the following information:
        i. The patient is instructed to call the MD with any problems voiding
        ii. The patient is instructed to go the nearest Emergency Room if unable to void within an 8 hour period after their last void.
    b) Instructions are provided if being discharged with a catheter, including written instructions with diagrams.

4. Surgical Dressing
    a) Review care of surgical incision, describing normal and typical appearances.
    b) Explain the purpose and care of drains that will be left in place, including written instructions with diagrams, if applicable.
    c) Provide patient with enough supplies for one dressing change, if applicable.

5. Bathing
    a) As directed by surgeon or designee

6. Activity
    a) As directed by surgeon or designee. If no surgical restrictions to activity are indicated, encourage progressive movement and ambulation during recuperation.
    b) Instructions related to resuming usual activities, climbing stairs, and lifting
    c) Review instructions for returning to work if indicated by surgeon or designee.

7. Diet
    a) Review diet instructions. Make recommendations for progressive diet if patient has experienced nausea and/or vomiting.

8. How you may feel
    a) Review normal expectations and symptoms during recovery from surgery.

9. Call your doctor if…
    a) Review atypical symptoms, whom to call and when
    b) Provide physician contact number

10. Additional instructions
    a) Many surgeons have surgery specific printed instructions. Review any additional instructions with the patient and/or family member or designee, and provide a written copy for them to take home.

11. Return Visit
    a) Physicians will provide patients with a postoperative follow-up appointment, if applicable, or instructions to call their office to make an appointment within a specific time frame.

12. Signature
    a) The patient or responsible adult transporting patient will sign, date and time the instructions, indicating that they have received verbal instructions and a written copy of the same.

References

American Society of PeriAnesthesia Nurses. *Standards of PeriAnesthesia Nursing Practice*. 2017-2018. Cherry Hill, NJ: ASPAN: 2017.

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