

# Discharge Instructions

For: John Smith

## Reason for Visit / Diagnosis

Community-Acquired Pneumonia

## Your Medications

Medication	Dosage	Frequency	Instructions
Amoxicillin	500 mg	Three times daily	Take with food. Complete full 10-day course
Ibuprofen	400 mg	Every 6 hours as needed	For fever or pain. Take with food.

## Follow-Up Appointments

- See your primary care doctor in 7-10 days
- Chest X-ray in 6 weeks if symptoms persist
- Return to emergency room if symptoms worsen

## Activity Restrictions

- Rest and avoid strenuous activity for 1-2 weeks
- Stay home from work for at least 3-5 days
- Avoid crowded places until fever-free for 24 hours
- Get plenty of sleep (8-10 hours per night)

## Diet Instructions

Drink plenty of fluids (8-10 glasses of water per day). Eat nutritious meals to support recovery. Avoid alcohol while taking antibiotics.

## Equipment You May Need

- Thermometer for monitoring temperature

- Fever over 101°F (38.3°C) that does not improve with medication
- Difficulty breathing or shortness of breath that worsens
- Chest pain that is severe or worsening
- Coughing up blood or rust-colored mucus
- Confusion or altered mental status
- Inability to keep fluids down

- Severe difficulty breathing or gasping for air
- Blue lips or fingernails
- Severe chest pain
- Confusion or inability to stay awake
- Coughing up large amounts of blood

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