Discharge Instructions

Thank you for your participation in our study. You have made a valuable contribution in the science of open source pulse oximetry.

What to expect:

* Pain: The site of your bloodwork on your wrist may hurt for a few hours and for up to a few days
* Fatigue: You may feel tired for a few hours or possibly the rest of the day
* Bleeding: There might be light bleeding from the bloodwork site
* Bruising: Bruising may happen the day after the study at the bloodwork site

You should not experience:

* Persistent, severe or uncontrolled bleeding
* Severe pain
* Shortness of breath
* Chest pain

If you experience any of these symptoms, please contact Dr. Tarek Loubani at the contact information below. If the symptoms are severe, please call 911 first.

Things to DO:

* Rest
* Drink lots of fluids including water and juice
* Drink extra fluids for the next day or two
* If you feel lightheaded, lie down with your feet up until the feeling passes
* If you have bleeding after removing the bandage, put pressure on the site and raise your arm until the bleeding stops
* If bleeding or bruising occurs under the skin, apply a cold pack to the area periodically during the first 24 hours
* If your arm is sore, take a pain reliever such as acetaminophen (Tylenol or similar), but AVOID aspirin or ibuprofen (Advil, Motrin or similar)

Things to avoid:

* Strenuous physical activity or heavy lifting for the next five hours.
* Lifting weights for 4 hours after going home
* Scuba diving or flying in an airplane for 24 hours after the study

Follow-up:

Dr. Tarek Loubani will call you in 24 hours to check on how you are doing after the study. If you are having any issues, please do not hesitate to contact Dr. Loubani at any time.

Contact information:

Dr. Tarek Loubani, MD  
Tel/text/WhatsApp: 519-488-6475  
Pager: 519-685-8500 x 15550

In case of uncontrolled bleeding, severe pain or emergency, call 911