

General Medical Center

500 University Avenue, Palo Alto, CA 94301

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PATIENT DISCHARGE SUMMARY

Patient Name:

Rosa Martinez

Date of Birth:

05/22/1962

MRN:

GMC-2026-99283

Admission Date:

01/25/2026

Discharge Date:

01/30/2026

Attending Physician:

Dr. Sarah Johnson, MD (Cardiology)

Primary Language:

Spanish

Discharge Disposition:

Home with home health services

PRINCIPAL DIAGNOSIS

Acute decompensated congestive heart failure (CHF) with preserved ejection fraction. Left ventricular ejection fraction (LVEF) 45% on echocardiogram. Associated with bilateral lower extremity edema, paroxysmal nocturnal dyspnea, and 8-pound weight gain over 10 days.

SECONDARY DIAGNOSES

- Type 2 diabetes mellitus, uncontrolled, A1c 8.2%
- Hypertension, essential
- Hyperlipidemia

HOSPITAL COURSE

Patient presented to the ED with worsening shortness of breath and bilateral lower extremity swelling. Chest X-ray showed pulmonary vascular congestion. BNP was elevated at 1,245 pg/mL. Patient was admitted and started on IV furosemide with aggressive diuresis. Over 5 days, patient was diuresed 6.5 liters with improvement in symptoms. Transitioned to oral diuretics on hospital day 4. Patient was euvolemic at discharge with improved exercise tolerance.

DISCHARGE MEDICATIONS

- Furosemide (Lasix) 40 mg - Take by mouth twice daily (morning and afternoon) for edema.
- Metformin 1000 mg - Take by mouth twice daily with meals for diabetes.
- Lisinopril 20 mg - Take by mouth once daily for hypertension.
- Atorvastatin 40 mg - Take by mouth once daily at bedtime for cholesterol.

FOLLOW-UP APPOINTMENTS

- Cardiology: Dr. Sarah Johnson - February 15, 2026 at 9:00 AM - Heart Center, Suite 300
- Primary Care: Dr. Rivera - February 20, 2026 at 2:00 PM - General Medical Center Primary Care Clinic

DAILY SELF-CARE INSTRUCTIONS

- Weigh yourself every morning before eating, after using the bathroom. Record your weight daily.
- Restrict fluid intake to 1.5 liters (about 6 cups) per day.
- Follow a low-sodium diet: no more than 2,000 mg of sodium per day.
- Elevate your legs when sitting for prolonged periods.
- Take all medications exactly as prescribed.

WARNING SIGNS - SEEK IMMEDIATE MEDICAL ATTENTION

- n Weight gain of more than 3 pounds in one day or 5 pounds in one week
- n Increased shortness of breath, especially when lying down
- n New or worsening swelling in legs, ankles, or abdomen
- n Chest pain or pressure
- n Feeling dizzy, lightheaded, or fainting