

# AFTER VISIT SUMMARY

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12/18/2022 UHS Emergency & Trauma Services Wilson 607-763-6000

## Instructions



**Read the attached information**

Dehydration Adult Easy-to-Read (English)



**Call DEBORAH J GIANNONE, FNP**

Why: even if better  
Specialty: Family Medicine  
Contact: 142 Clinton St  
Binghamton NY 13905  
607-762-2660

## What's Next

You currently have no upcoming appointments scheduled.

## You are allergic to the following

No active allergies

## Your Medication List

You have not been prescribed any medications.

## UHS MyChart

View your After Visit Summary and more online at <https://mychart.nyuhs.org/MyChart/>.

## Additional Information

For worsening symptoms, changing condition, problems, or questions:  
Non-emergency: Call your PCP, DEBORAH J GIANNONE at 607-762-2660  
Emergency or crisis: Go to the closest emergency room or call 911

Return to the ED if:

- You are unable to keep down your medications or are unable to take adequate fluids or nutrition.
- You have black or bright red stools suggestive of gastrointestinal bleeding.
- You have recurrent fevers.
- You have new or worsening chest pain.
- You have new or worsening abdominal pain.

## Today's Visit

You were seen by Oana Stingu PA-C

Reason for Visit

Eating Disorder

Diagnosis

Dehydration

## Lab Tests Completed

CBC w/ auto diff (Lab Performable)

CK

Comprehensive metabolic panel

Urinalysis microscopic automated

Urinalysis with reflex microscopic

Urine Drug Screen (WMH/BGH ONLY)



## Imaging Tests

ECG 12 lead



## Done Today

Inpatient consult to Social Work



## Medications Given

sodium chloride 0.9 % IV Bolus  
Stopped at 9:01 PM

sodium chloride 0.9 % IV Bolus  
Stopped at 9:16 PM



Blood Pressure  
**141/83**



BMI  
**20.08**



Weight  
**136 lb**



Height  
**5' 9"**



Temperature (Oral)  
**98.1 °F**



Pulse  
**76**



Respiration  
**18**



Oxygen Saturation  
**100%**

- You have new or worsening shortness of breath.
- You develop new or worsening confusion.
- You suspect you have a medical emergency.

If you had an X-Ray and/or an EKG, the results given to you by the Emergency Room Practitioner may have been preliminary. X-Rays and EKGs are reviewed by specialists. If there is a change in the interpretation or treatment plan, you will be notified. Some fractures and illnesses fail to show up on preliminary tests.

Continue taking all prescribed discharge medications as directed unless changed by your provider.

If you use tobacco and would like help to quit, call the New York State Quitline at 1-866-697-8487 (1-866-NY-QUITS)  
**Quit smoking now to greatly improve your health.**

If you received IV dye for an X-ray exam of any type, and you are on Metformin, you should not take Metformin for 48 hours.

## Discharge Vitals

Flowsheet Row	Most Recent Value
<u>Discharge Vitals</u>	
BP	141/83
Temp	36.7 °C (98.1 °F)
Temp src	Oral
Pulse	76
Resp	18
SpO2	100 %
Height	5' 9"
Weight	136 lb (61.7 kg)
BMI (Calculated)	20.07

## Dehydration, Adult

Dehydration is condition in which there is not enough water or other fluids in the body. This happens when a person loses more fluids than he or she takes in. Important body parts cannot work right without the right amount of fluids. Any loss of fluids from the body can cause dehydration.

Dehydration can be mild, worse, or very bad. It should be treated right away to keep it from getting very bad.

### What are the causes?

This condition may be caused by:

- Conditions that cause loss of water or other fluids, such as:
  - Watery poop (*diarrhea*).
  - Vomiting.
  - Sweating a lot.
  - Peeing (*urinating*) a lot.
- Not drinking enough fluids, especially when you:
  - Are ill.
  - Are doing things that take a lot of energy to do.
- Other illnesses and conditions, such as fever or infection.
- Certain medicines, such as medicines that take extra fluid out of the body (*diuretics*).
- Lack of safe drinking water.
- Not being able to get enough water and food.

### What increases the risk?

The following factors may make you more likely to develop this condition:

- Having a long-term (*chronic*) illness that has not been treated the right way, such as:
  - Diabetes.
  - Heart disease.
  - Kidney disease.
- Being 65 years of age or older.
- Having a disability.
- Living in a place that is high above the ground or sea (high in *altitude*). The thinner, drier air causes more fluid loss.
- Doing exercises that put stress on your body for a long time.

### What are the signs or symptoms?

Symptoms of dehydration depend on how bad it is.

#### Mild or worse dehydration

- Thirst.
- Dry lips or dry mouth.
- Feeling dizzy or light-headed, especially when you stand up from sitting.

- Muscle cramps.
- Your body making:
  - Dark pee (*urine*). Pee may be the color of tea.
  - Less pee than normal.
  - Less tears than normal.
- Headache.

### Very bad dehydration

- Changes in skin. Skin may:
  - Be cold to the touch (*clammy*).
  - Be blotchy or pale.
  - Not go back to normal right after you lightly pinch it and let it go.
- Little or no tears, pee, or sweat.
- Changes in vital signs, such as:
  - Fast breathing.
  - Low blood pressure.
  - Weak pulse.
  - Pulse that is more than 100 beats a minute when you are sitting still.
- Other changes, such as:
  - Feeling very thirsty.
  - Eyes that look hollow (*sunken*).
  - Cold hands and feet.
  - Being mixed up (*confused*).
  - Being very tired (*lethargic*) or having trouble waking from sleep.
  - Short-term weight loss.
  - Loss of consciousness.

### How is this treated?

Treatment for this condition depends on how bad it is. Treatment should start right away. **Do not** wait until your condition gets very bad. Very bad dehydration is an emergency. You will need to go to a hospital.

- Mild or worse dehydration can be treated at home. You may be asked to:
  - Drink more fluids.
  - Drink an oral rehydration solution (ORS). This drink helps get the right amounts of fluids and salts and minerals in the blood (*electrolytes*).
- Very bad dehydration can be treated:
  - With fluids through an IV tube.
  - By getting normal levels of salts and minerals in your blood. This is often done by giving salts and minerals through a tube. The tube is passed through your nose and into your stomach.
  - By treating the root cause.

### Follow these instructions at home:

#### Oral rehydration solution

If told by your doctor, drink an ORS:

- Make an ORS. Use instructions on the package.

- Start by drinking small amounts, about ½ cup (120 mL) every 5–10 minutes.
- Slowly drink more until you have had the amount that your doctor said to have.

### Eating and drinking



- Drink enough clear fluid to keep your pee pale yellow. If you were told to drink an ORS, finish the ORS first. Then, start slowly drinking other clear fluids. Drink fluids such as:
  - Water. **Do not** drink only water. Doing that can make the salt (*sodium*) level in your body get too low.
  - Water from ice chips you suck on.
  - Fruit juice that you have added water to (*diluted*).
  - Low-calorie sports drinks.
- Eat foods that have the right amounts of salts and minerals, such as:
  - Bananas.
  - Oranges.
  - Potatoes.
  - Tomatoes.
  - Spinach.
- **Do not** drink alcohol.
- Avoid:
  - Drinks that have a lot of sugar. These include:
    - High-calorie sports drinks.
    - Fruit juice that you did not add water to.

- Soda.
- Caffeine.
- Foods that are greasy or have a lot of fat or sugar.

### General instructions

- Take over-the-counter and prescription medicines only as told by your doctor.
- **Do not** take salt tablets. Doing that can make the salt level in your body get too high.
- Return to your normal activities as told by your doctor. Ask your doctor what activities are safe for you.
- Keep all follow-up visits as told by your doctor. This is important.

### Contact a doctor if:

- You have pain in your belly (*abdomen*) and the pain:
  - Gets worse.
  - Stays in one place.
- You have a rash.
- You have a stiff neck.
- You get angry or annoyed (*irritable*) more easily than normal.
- You are more tired or have a harder time waking than normal.
- You feel:
  - Weak or dizzy.
  - Very thirsty.

### Get help right away if you have:

- Any symptoms of very bad dehydration.
- Symptoms of vomiting, such as:
  - You cannot eat or drink without vomiting.
  - Your vomiting gets worse or does not go away.
  - Your vomit has blood or green stuff in it.
- Symptoms that get worse with treatment.
- A fever.
- A very bad headache.
- Problems with peeing or pooping (having a *bowel movement*), such as:
  - Watery poop that gets worse or does not go away.
  - Blood in your poop (*stool*). This may cause poop to look black and tarry.
  - Not peeing in 6–8 hours.
  - Peeing only a small amount of very dark pee in 6–8 hours.
- Trouble breathing.

**These symptoms may be an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.**

### Summary

- Dehydration is a condition in which there is not enough water or other fluids in the body. This happens when a person loses more fluids than he or she takes in.

- Treatment for this condition depends on how bad it is. Treatment should be started right away. **Do not** wait until your condition gets very bad.
- Drink enough clear fluid to keep your pee pale yellow. If you were told to drink an oral rehydration solution (ORS), finish the ORS first. Then, start slowly drinking other clear fluids.
- Take over-the-counter and prescription medicines only as told by your doctor.
- Get help right away if you have any symptoms of very bad dehydration.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your healthcare provider.

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