Docusign Envelope ID: E98A8C59-59CA-4AF7-BCB1-7987483F9D3A

AFTER VISIT SUMMARY

[redacted]r MRN: 2[redacted] 12/27/2024 - 1/1/2025 V[redacted]BY

Instructions

Your medications have changed

START taking:

docusate sodium (Colace)
Enoxaparin Sodium (Lovenox)
ferrous sulfate
ibuprofen (ADVIL,MOTRIN)
NIFEdipine (Procardia XL)
norethindrone (Ortho Micronor)
oseltamivir (Tamiflu)
oxyCODONE-acetaminophen (PERCOCET)

ASK how to take:

Breast Pump Misc
clotrimazole 1 % vaginal cream (LOTRIMIN)

Review your updated medication list below.

Your Next Steps

Do

☐ Pick up 8 medications from Condon's East Union Pharmacy - G[redacted]St

Go

FEB 11 POSTPARTUM 12:40 PM
S[redacted]in, MD
UMMC OB-GYN Mirror Lake
29[redacted]rive
FL[redacted] 39232
60[redacted]00

Instructions

Future Appointments

Date	Time	Provider	Department	Center
2/11/2025	12:40 PM	[redacted]a	ML OBGYN	ML

Instructions (continued)

After Your Delivery Discharge Instructions

After Discharge Orders:
Follow up in 1 week with Dr. Bouldin for 1 week blood pressure check.
Follow up in 4-6 weeks with Dr. Bouldin for postpartum checkup.

*Remove your dressing when your baby is 7 days old

***If you have staples**, they will need to be removed within **10-14 days**. This can be done with your primary provider or at Women's Urgent Care

Discharge Medications:

Medication List

START taking these medications

docusate sodium 100 mg capsule
Commonly known as: Colace
Take 1 capsule by mouth 2 times daily for 90 days

Enoxaparin Sodium injection
Commonly known as: Lovenox
Inject 40 mg into the skin daily for 42 days

---

ferrous sulfate 325 (65 FE) mg tablet
Take 1 tablet by mouth daily with breakfast

---

ibuprofen 800 mg tablet
Commonly known as: ADVIL,MOTRIN
Take 1 tablet by mouth every 6 hours as needed for Pain

NIFEdipine 90 MG 24 hr tablet
Commonly known as: Procardia XL
Take 1 tablet by mouth daily

---

norethindrone 0.35 MG tablet
Commonly known as: Ortho Micronor
Take 1 tablet by mouth daily

---

oseltamivir 75 mg capsule
Commonly known as: Tamiflu
Take 1 capsule by mouth 2 times daily for 1 day Indications: Flu

---

Instructions (continued)

oxyCODONE-acetaminophen 5-325 MG per tablet
Commonly known as: PERCOCET
Take 1 tablet by mouth every 6 hours as needed for Pain Max Daily Amount: 4 tablets

CONTINUE taking these medications

albuterol 108 (90 Base) MCG/ACT inhaler
Commonly known as: ProAir HFA
Inahle 2 puffs q 4-6hr prn wheezing

---

aspirin 81 mg EC tablet
Take one po daily starting at 12wks pregnant. Stop taking at 36wks pregnant.

---

budesonide-formoterol 80-4.5 MCG/ACT inhaler
Commonly known as: SYMBICORT
Inhale 2 puffs into the lungs 2 times daily as needed Dispense 120 actuation inhaler (10.2 gram)

---

cetirizine 10 mg tablet
Commonly known as: ZYRTEC
Take 1 tablet by mouth daily

---

folic acid 1 mg tablet
Commonly known as: FOLVITE
Take 1 tablet by mouth daily for 270 doses

Prenatal Vitamin 27-0.8 MG Tabs
Take 1 tablet by mouth daily

ASK your doctor about these medications

* **Breast Pump** Misc
1 breast pump

---

* **Breast Pump** Misc
One breast pump

---

clotrimazole 1 % vaginal cream
Commonly known as: LOTRIMIN
Insert one applicator q hs x 7 nights for yeast

Instructions (continued)

*** This list has 2 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.**

Where to Get Your Medications

These medications were sent to C[redacted]on [redacted] St 1402 E Union St, Greenville MS [redacted] 38703-3247

Phone: 6[redacted]

- docusate sodium 100 mg capsule
- Enoxaparin Sodium injection
- ferrous sulfate 325 (65 FE) mg tablet
- ibuprofen 800 mg tablet
- NIFEdipine 90 MG 24 hr tablet
- norethindrone 0.35 MG tablet
- oseltamivir 75 mg capsule
- oxyCODONE-acetaminophen 5-325 MG per tablet

Call the Physician with any C-Section signs and symptoms:

Warning signs regarding incision:
- "Popping" of stitches or staples
- Foul smelling discharge or pus
- More redness or streaks around incision than before

Incision care:
- Keep incision uncovered
- Change dressing as needed. Refer to additional handouts for full information.
- Clean daily with mild soap and water, pat dry
- No tub baths until OK'd by your Physician or Midwife
- You may use warm or cold compresses on incision site

After your delivery - signs and symptoms to watch for:
- Temperature of 100.4 or greater, bad smelling vaginal blood or discharge may mean you have an infection.
- Headache (very painful - not relieved by pain medicine), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth pre-eclampsia.
- Difficulty urinating
- Breasts reddened, hard, hot to the touch
- Nipple discharge which is foul-smelling or contains pus
- Increased pain at the site of the surgical incision
- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have blood clot in your lung or a heart problem.
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot

Instructions (continued)

- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage.
- Thoughts or feelings of wanting to hurt yourself or your baby may mean you have postpartum depression.
- Unrelieved feelings of inability to cope, sadness, anxiety, lack of interest in baby, insomnia, or crying
- Frequent nausea and vomiting
- Swelling in your hands and face
- Seizures may mean you have a condition called eclampsia
- Incision that is red, separated ,swollen, warm to touch, tender or painful, foul odor or discharge may mean you have an infection

What to do at home:

- See patient education handouts and New Beginnings booklet for full information
- Resume activity gradually
- Don't lift anything heavier than baby and carrier until OK'd by your Physician or Midwife
- No sex, douching, or inserting tampons until OK'd by your Physician or Midwife
- Bathe and/or shower daily.
- Take care of yourself by sleeping/resting as much as possible
- Eat regular nutritious meals
- Let someone else care for you, your baby, and housework as much as possible
- Take pain medication as prescribed whenever you need them
- Wear compression stockings if prescribed
- To avoid/relieve constipation take stool softeners if advised
- Drink lots of water/fruit juices
- Increase fiber in your diet
- Breast care: Wear support bra 24/7; use lanolin ointment/cream, cabbage leaves, nipple shields, cool compresses or binding as needed

Refer to Newborn Discharge Instructions for problems or follow-up regarding
feeding or nursing.

Thank you for choosing Th[redacted]e. It was a pleasure taking care of you. If it was recommended to follow up with us in one of our clinics then you should be expecting a call during business hours in the next 1-2 days. If you do not, feel free to call our appointment contact line at (888) 815-2005 to request an appointment. There are occasions when your appointment may be delayed if non-emergent due to busy clinic schedules of our specialist. If you have already been established with one of our clinics (Grants Ferry, Mirror Lake, OB High Risk, Jackson Medical Mall) and have been told you are being scheduled for follow up and have not been contacted within the next 1-2 business days then feel free to call the numbers listed below that correlates with the clinic that you have been established at. Make sure to take your medication as prescribed unless specifically told otherwise by your physician. If your symptoms become worse or new symptoms develop, follow up as soon as possible with your OB/Gyn or return to the Woman's Urgent Care immediately.

Nurse Line available 8:00 a.m- 5:00 p.m Mon-Fri: 601-984-5325

OB/Gyn Clinics supported by the University of Mississippi Medical Center:

Facilty Name
Address
Phone

Facilty Name
Address

[redacted]

Instructions (continued)

Phone 6

Facilty Name U
Address 3
Phone 6
Info: Up

Facilty Name J
Address 3
Phone 6

***** If you were prescribed a narcotic pain medication or were given narcotic pain medication or other sedating medications while in Woman's Urgent Care, it is advised that you do not drive or operate machinery for at least 24 hours after taking the medication. If you are unsure if you were prescribed or given a narcotic pain medication, feel free to ask any of our nurses or physicians.***

Additional Information

UMMC POST ANESTHESIA/SEDATION DISCHARGE INSTRUCTIONS

WHAT YOU SHOULD KNOW:

You will feel tired and sleepy after anesthesia/sedation. It may take some time before you feel like you are back to normal. Anesthetics remain in your body for at least 24 hours.

AFTER YOU LEAVE:

Call 911 if You:

- Have trouble breathing.
- Have any of the following signs of a heart attack: Symptoms include chest pressure, fullness, or pain; discomfort in arms, back, neck, jaw or stomach; shortness of breath; cold sweat, nausea, or lightheadedness.
- Have any of the following signs of a stroke: Sudden weakness, numbness, problems speaking, progressive confusion, loss of vision in one eye, loss of balance or severe headache

The first 24 hours after anesthesia/sedation:

- Rest as much as possible. Have someone stay with you. If you have small children, have someone help to take care of them.
- Drink plenty of liquids to avoid dehydration. Avoid alcohol.
- Eat light meals and snacks. This may help you manage nausea and vomiting.
- Do not drive or operate mechanical or electrical equipment.
- Do not make important decisions or sign legal documents.

Seek care immediately if:

Additional Information (continued)

- You have trouble urinating after surgery.
- You continue to have nausea and vomiting after 24 hours.
- Your pain is worse even after medicine.

Contact your Primary Physician if: (Changed Surgeon to Primary Physician)

- You have a fever, a rash, hives, itching, or swelling.
- You have questions or concerns about your condition or care.

Additional Information

Our records indicate that you have been prescribed an opioid pain reliever. The FDA recommends that health care professionals discuss the medicine naloxone with all patients and/or their caregivers when prescribing opioid pain relievers or medicines to treat opioid use disorder. Naloxone is an opioid reversal medicine used to treat an opioid emergency. It is available for patients by direct request at Mississippi pharmacies. If you have any questions, please do not hesitate to ask your provider. You may also discuss this with your local pharmacist. In addition, your provider wants to make sure that you are aware of the following information: *https://www.fda.gov/media/140360/download*.

You are allergic to the following

No active allergies

Your Latest Vitals

Blood Pressure [redacted]	BMI [redacted]	Weight [redacted]	Height [redacted]
Temperature (Oral) [redacted]	Pulse [redacted]	Respiration [redacted]	Oxygen Saturation [redacted]
BSA [redacted]			

Contact information for follow-up appointments. Call 1-888-815-2005 to schedule an appointment with a UMC provider if you have not been contacted within 1 business day of discharge.

FEB
11

POSTPARTUM with S[redacted]

Tuesday Feb 11, 2025 12:40 PM

Eastbound directions:

G[redacted]The
cl[redacted]er.
W
G[redacted]he
cl[redacted]er.

2925 Layfair Drive Flowood, MS 39232

U[redacted]Lake

Medication List

TAKE these medications

	Morning	Afternoon	Evening	Bedtime	As Needed
albuterol 108 (90 Base) MCG/ACT inhaler Commonly known as: ProAir HFA Inahle 2 puffs q 4-6hr prn wheezing Quantity: 18 g Refills: 0 Signed by: [redacted]	Inahle 2 puffs q 4-6hr prn wheezing				
aspirin 81 mg EC tablet Take one po daily starting at 12wks pregnant. Stop taking at 36wks pregnant. Quantity: 30 tablet Refills: 5 Signed by: [redacted]	Take one po daily starting at 12wks pregnant. Stop taking at 36wks pregnant.				
budesonide-formoterol 80-4.5 MCG/ACT inhaler Commonly known as: SYMBICORT Inhale 2 puffs into the lungs 2 times daily as needed Dispense 120 actuation inhaler (10.2 gram) Quantity: 10.2 g Refills: 1 Signed by: [redacted]					✓ 2 puffs
cetirizine 10 mg tablet Commonly known as: ZYRTEC Take 1 tablet by mouth daily Quantity: 30 tablet Refills: 11 Last time this was given: 10 mg on January 1, 2025 9:28 AM Signed by: [redacted]	✓ 1 tablet				
START **docusate sodium** 100 mg capsule Commonly known as: Colace Take 1 capsule by mouth 2 times daily for 90 days Quantity: 60 capsule Refills: 2 Last time this was given: 100 mg on December 31, 2024 9:29 PM Signed by: [redacted]	✓ 1 capsule			✓ 1 capsule	

Medication List (continued)

TAKE these medications (continued)

	Morning	Afternoon	Evening	Bedtime	As Needed
START **Enoxaparin Sodium** injection Commonly known as: Lovenox Inject 40 mg into the skin daily for 42 days Quantity: 16.8 mL Refills: 0 Last time this was given: 40 mg on January 1, 2025 9:28 AM Signed by: S McDowell, MD	✓ 40 mg				
START **ferrous sulfate** 325 (65 FE) mg tablet Take 1 tablet by mouth daily with breakfast Quantity: 30 tablet Refills: 11 Last time this was given: 325 mg on January 1, 2025 9:28 AM Signed by: [redacted]	✓ 1 tablet				
folic acid 1 mg tablet Commonly known as: FOLVITE Take 1 tablet by mouth daily for 270 doses Quantity: 30 tablet Refills: 8 Signed by: E[redacted]	✓ 1 tablet				
START **ibuprofen** 800 mg tablet Commonly known as: ADVIL,MOTRIN Take 1 tablet by mouth every 6 hours as needed for Pain Quantity: 30 tablet Refills: 0 Last time this was given: 800 mg on January 1, 2025 5:47 AM Signed by: [redacted]D					✓ 1 tablet
START **NIFEdipine** 90 MG 24 hr tablet Commonly known as: Procardia XL Take 1 tablet by mouth daily Quantity: 30 tablet Refills: 11 Last time this was given: 90 mg on January 1, 2025 9:28 AM Signed by: [redacted]	✓ 1 tablet				
START **norethindrone** 0.35 MG tablet Commonly known as: Ortho Micronor Take 1 tablet by mouth daily Quantity: 30 tablet Refills: 11 Signed by: [redacted]	✓ 1 tablet				

Medication List (continued)

TAKE these medications (continued)

	Morning	Afternoon	Evening	Bedtime	As Needed
START **oseltamivir** 75 mg capsule Commonly known as: Tamiflu Take 1 capsule by mouth 2 times daily for 1 day Indications: Flu Quantity: 2 capsule Refills: 0 Last time this was given: 75 mg on January 1, 2025 9:37 AM Signed by: S [redacted]MD	✓ 1 capsule			✓ 1 capsule	
START **oxyCODONE-acetaminophen** 5-325 MG per tablet Commonly known as: PERCOCET Take 1 tablet by mouth every 6 hours as needed for Pain Max Daily Amount: 4 tablets Quantity: 15 tablet Refills: 0 Signed by: S[redacted]D					✓ 1 tablet
Prenatal Vitamin 27-0.8 MG Tabs Take 1 tablet by mouth daily Quantity: 30 tablet Refills: 8 Last time this was given: 1 tablet on January 1, 2025 9:28 AM Signed by: E [redacted]CFNP	✓ 1 tablet				

ASK your doctor about these medications

	Morning	Afternoon	Evening	Bedtime	As Needed
ASK * **Breast Pump** Misc 1 breast pump Quantity: 1 each Refills: 0 You are not taking this medication. If you have questions about this medication, ask the prescribing provider: D Frieson, MD. Signed by: [redacted]					
ASK * **Breast Pump** Misc One breast pump Quantity: 1 each Refills: 0 You are not taking this medication. If you have questions about this medication, ask the prescribing provider: D Frieson, MD. Signed by: [redacted]					

Medication List (continued)

ASK your doctor about these medications (continued)

	Morning	Afternoon	Evening	Bedtime	As Needed
ASK **clotrimazole** 1 % vaginal cream Commonly known as: LOTRIMIN Insert one applicator q hs x 7 nights for yeast Quantity: 45 g Refills: 0 You are not taking this medication. If you have questions about this medication, ask the prescribing provider: E[redacted] Signed by: E[redacted]					

* This list has 2 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.

Where to pick up your medications

Pick up these medications at Condon's East Union Pharmacy - Greenville, MS - 1403 E Union St

- docusate sodium 100 mg capsule
- Enoxaparin Sodium injection
- ferrous sulfate 325 (65 FE) mg tablet
- ibuprofen 800 mg tablet
- NIFEdipine 90 MG 24 hr tablet
- norethindrone 0.35 MG tablet
- oseltamivir 75 mg capsule
- oxyCODONE-acetaminophen 5-325 MG per tablet

Address: 1[redacted]
Phone: 6[redacted]

MyChart

You are currently enrolled in MyChart!

MyChart allows you to

- send messages to your doctor
- view your test results
- renew your prescriptions
- schedule appointments
- and more!

www.umc.edu/MyChart

You can also download the MyChart mobile app from the iTunes store or the Android Market on your mobile device.

If you have questions, you can email MyChart@umc.edu or call 855.984.3742 to talk to our Service Desk staff. Remember, MyChart is NOT to be used for urgent needs. For medical emergencies, dial **911**.

Pain Management Plan of Care

Pain Management

What you need to know:

Pain management includes medications and therapies to treat pain from a surgery, injury, or illness. Decreasing your pain can help increase your appetite, sleep, and energy. It can also improve your mood and your relationships. You and your family will receive information about how to manage your pain at home. The instructions will include what to do if you have side effects as your pain is managed. It will discuss activities of daily living, including the home environment and strategies to address concerns around pain management. It will also include how to handle prescription pain medication safely, including safe use, storage, and disposal. It is important to follow all instructions so your pain is managed effectively and safely. This will help prevent a return to the hospital.

Discharge instructions:

Take your medication as directed. Contact your healthcare provider if you think your medicine is not helping, or if you have side effects. Tell your healthcare provider if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring a list of your medications or you prescription bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

Prescription pain medicine safety:

Do not suddenly stop taking prescription pain medication if you have been taking it consistently for longer than 2 weeks. A sudden stop may cause dangerous side effects. Ask your healthcare provider for more information before you stop taking your medicine.

Take your medicine as directed. Take only the amount prescribed or recommended by your healthcare provider. Too much medicine may cause breathing problems or other health issues. If you use a pain patch, be sure to remove the old patch before you place a new one.

Do not drink alcohol while you use prescription medicines. Alcohol with prescription medicines can make you sleepy and slow your breathing rate. You may stop breathing completely.

Do not drive or operate heavy machinery after you take prescription pain medicine. Prescription pain medicine can make you drowsy and make it hard to concentrate. You may injure yourself or others if you drive or operate heavy machinery while taking your medicine.

Time your medicine correctly. Take your pain medicine 30 minutes before exercise or physical therapy. This helps decrease pain to help meet your treatment goals. You may need to take medicine before you go to bed. This may help you sleep and not be woken by pain.

Watch for side effects including drowsiness, nausea, vomiting, dizziness, and constipation (see list below). Some foods, alcohol, and other medications may cause side effects when you take pain medicine. Ask your healthcare provider how to prevent these problems.

Constipation is a common side effect of prescription pain medication. To prevent it, eat foods high in fiber, such a raw fruit, vegetables, beans, and whole-grain bread and cereal. Ask your healthcare provider how much liquid to drink each day and which liquids are best for you. Exercise and activity may also help decrease the risk for constipation.

Pain Management Plan of Care (continued)

Seek care immediately, CALL 911, or have someone call 911 for any of the following:

You are breathing slower than normal, or you have trouble breathing, or you cannot be awoken and/or have a seizure.

Return to the emergency department if:

- Your heart is beating slower than usual
- Your heart feels like it is jumping or fluttering
- You are so sleepy that you cannot stay awake
- You have severe muscle pain or weakness
- You see or hear things that are not real.

Contact your healthcare provider if:

- You are very drowsy
- Your speech is slurred; you have trouble thinking remembering things or focusing
- You are too dizzy to stand up
- Your pain gets worse or you have new pain
- You cannot do your usual activities because of the side effects from the pain medication
- You have pain even after you take your pain medicine
- You have a new pain or the pain seems different than before
- You are constipated or have abdominal pain
- You cannot stop vomiting
- You have questions or concerns about your condition or plan of care

Talk to your healthcare provider about your daily activities. Some activities can cause pain to become worse or make pain management less effective. Your provider can help you find ways to reduce pain.

Contact your provider if you cannot manage the activities of daily living expected for your condition due to pain. Rest is important for recovery from illness before returning to normal activities.

Exercise may help relieve pain and increase your energy. Talk to your healthcare provider about how much exercise to get each day and which exercises are best for you.

Pain Management Plan of Care (continued)

Ways to manage pain without medicine:

1. Apply heat or ice as directed by your healthcare provider.
2. Elevate painful area above the level of your heart if possible.
3. Prop your painful areas on pillows or blankets to keep it elevated comfortably.
4. Apply compression with an elastic bandage or abdominal binder as directed by your healthcare provider.
5. Devices such as a splint, cane, crutches or walker can help remove pressure from the injury to provide extra support as directed by your healthcare provider.
6. Aromatherapy as directed by your healthcare provider.
7. Meditation
8. Guided Imagery as directed by your healthcare provider.
9. Music
10. Keep a pain diary to review with your healthcare provider.

Go to rehabilitation as directed. Rehabilitation may include physical and occupational therapy. A physical therapist teaches you exercises to help improve movement and strength, and to decrease pain. An occupational therapist teaches you skills to help with your daily activities.

Medication disposal

Follow instructions for what to do with medicine you do not use. Your healthcare provider will give you instructions for how to dispose of pain medicine safely. This helps make sure no one else takes the medicine.

FDA recommendations regarding disposal of narcotics:

Drop off medicine at a drug take back site, location, or program immediately. These collection sites are registered with the U.S. DEA to collect your unused or expired medicines. Call the Diversion Control Division Registration Call Center at 1-800-882-9539 for more information about these collection sites. These collection sites safely and securely gather and dispose of your unused or expired medicines, including those that contain controlled substances. In your community, authorized collection sites may be retail, hospital, or clinic pharmacies; and/ or law enforcement facilities. These collection sites may offer on-site medicine drop-off boxes; mail back programs; or other in-home disposal methods to assist you in safely disposing of your unused or expired medicines.

If you cannot get to a drug take back location promptly, or there is none near you, and your medicine is on the FDA flush list, your next best option is to immediately flush these potentially dangerous medicine down the toilet. If the medication is not on the flush list, you should follow these instructions to discard the medicine in your trash at home. The FDA safe disposal website is: **https://www.fda.gov/drugs/ensuring-safe-use-medicine/safe-disposal-medicines**

Follow up with your provider as directed: You may need to have your dose adjusted. You may be referred to a pain specialist. Write down your questions so you remember to ask them during your visits.

Additional Information

Our records indicate that you have been prescribed an opioid pain reliever. The FDA recommends that health care professionals discuss the medicine naloxone with all patients and/or their caregivers when prescribing opioid pain relievers or medicines to treat opioid use disorder. Naloxone is an opioid reversal medicine used to treat an opioid emergency. It is available for patients by direct request at Mississippi pharmacies. If you have any questions, please do not hesitate to ask your provider. You may also discuss this with your local pharmacist. In addition, your provider wants to make sure that you are aware of the following information: *https://www.fda.gov/media/140360/download*.

Additional Information

National Suicide and Crisis Lifeline
Are you in crisis?
Please call 988
Are you or someone you know feeling desperate, alone, hopeless, or no longer wanting to live?
Call the National Suicide Prevention Lifeline at **988**, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Call for yourself or someone you care about
Free and confidential
A network of more than 140 crisis centers nationwide
Available 24/7

Mississippi Crisis Help Line
1-877-210-8513

Red Nacional de Prevención del Suicidio
Cuando usted llama al número **1-888-628-9454**, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.
For Hearing and Speech Impaired with TTY Equipment call **1-800-799-4TTY (4889)**

If you are in immediate medical crisis, dial 911.

Additional Information

Smoking Cessation: Tobacco use increases your risk of heart disease, stroke an other diseases. For your health and wellness, do not use tobacco products in any form.
Tobacco Quit Line: 1-800-QUITNOW (1-800-784-8669)

For Heart Failure Patients Also Notify Your Doctor for:

Additional Information (continued)

1. Increased difficulty breathing or waking up short of breath
2. Gaining more than 2 pounds in a day or 5 pounds over a week
3. Increased swelling in the ankles, feet or belly
4. Frequent dizziness (not just when first standing)

Know and Control the Risk Factors for Heart Attack and/or Stroke:

High Blood Pressure	High Cholesterol
Smoking	Carotid or other Artery Disease
Sickle Cell Disease	Atrial Fibrillation or other Heart Disease
Being Overweight	Lack of Physical Activity
Use of Street Drugs	

It is especially important to manage the above risk factors if you have any of these uncontrollable risks:
Age, Race, Being Male, Heredity, Prior Heart Attack, Stroke or Transient Ischemic Attack.

CALL 911 FOR EMERGENCIES

Signs of a Heart Attack:

Chest pressure, fullness, or pain
Discomfort in arms, back, neck, jaw or stomach
Shortness of breath
Cold sweat, nausea, or lightheadedness

Signs of a Stroke:

Sudden weakness or numbness
Sudden problems speaking or confusion
Sudden loss of vision in one eye of one side of vision
Sudden dizziness, loss of balance or severe headache

For questions or appointment changes call: University Access Center at 1-888-815-2005

REMINDER:

- Carry a list of your medications and allergies with you at all times
- Call your pharmacy at least 1 week in advance to refill prescriptions

UMMC Research Partners

Interested in research participation? Become a UMMC Research Partner.

At UMMC, we are committed to discovering new ways to prevent and treat diseases that impact our families, friends, and communities. However, we cannot do it alone.

Research Partners are volunteers, healthy or otherwise, interested in participating in clinical trials. As a UMMC Research Partner, you can participate in research opportunities that may improve your health and the health of future generations.

For more information and to complete the interest form, please go to this website:
https://umc.edu/Research/Research-Offices/Clinical-Trials/Participants/Become.html

UMMC Research Partners (continued)

OR

For Mychart users, log into your account and access the Research Studies link located under Resources. Choose from one of the three contact options.

We may contact you with more information about available studies. Registration is not a commitment to or guarantee of study participation.

Survey

"In a few days, you will receive a survey from us that will ask you to tell us about your stay. Please take a moment to complete and return the survey. We really appreciate your feedback because it helps us provide a better experience for you."

Additional Information

DAISY Award Winners at UMMC go beyond the excellence in clinical expertise and compassionate care which is expected of all UMMC nurses: they are remarkable, extraordinary role models in the nursing community!

Want to say THANK YOU
to your Nurse?

SHARE THE STORY of your nurse's compassionate and skillful care by scanning the QR Code below from the camera on your smart phone.

Nominations may also be completed online at https://umc.edu/DAISY-Award/Hospital