




AFTER VISIT SUMMARY

Katherine Clark Date of birth: 4/6/1990

 1/24/2018 - 1/25/2018  St. Anthony Hospital ED Observation  720-321-0000

Instructions

What's next

Schedule an appointment with Kristen Marie Scaff, DO as soon as possible for a visit in 1 day(s)

4500 E 9th Ave
Ste 330
Denver CO 80246
303-388-4076

Schedule an appointment with Thomas Michael Facelle, MD as soon as possible for a visit in 1 week(s)

400 Indiana St
Ste 300
Golden CO 80401
303-985-2550

Disclaimer

You may have been referred to a physician that is not in network for your health plan. We recommend that you check with your health plan before going to the appointment, and go either to our referral or another doctor of the same specialty that is in network for your plan. If you choose a non-network physician, you may incur charges that are your responsibility.

Reason for Hospitalization

Your primary diagnosis was: Not on File

Your diagnoses also included: Hydronephrosis

Care Providers

Provider	Service	Role	Specialty
Gerald Winston Tripp II, MD	Medicine	Attending Provider	Emergency Medicine
Jeremy Nathan Reese, MD	Medicine	Consulting Physician	Urology
Arti Karna, MD	Medicine	Consulting Physician	Internal Medicine
Denis Newman, PA-C	Medicine	Consulting Physician	Emergency Medicine
David Jeffrey Cahn, MD	Medicine	Consulting Physician	Urology

Your Allergies

Date Reviewed: 1/24/2018

Your Next Steps



- ☐ Pick up these medications from any pharmacy with your printed prescription
 - oxyCODONE
 - promethazine
- ☐ Schedule an appointment with Kristen Marie Scaff, DO as soon as possible for a visit in 1 day(s)

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Ste 330
Denver CO 80246
303-388-4076
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Your Allergies (continued)

Date Reviewed: 1/24/2018

Allergen	Reactions
Penicillins	Not Noted
Itchy throat, hives.	

Immunizations Administered for This Admission

Name	Date
Pneumococcal Polysaccharide 23-Valent	1/24/2018 7:37 PM Deferred (Patient Refused)



MyCenturaHealth

MyCenturaHealth allows you to send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more. To sign up, go to <http://epic.MyCenturaHealth.org> and click on the **Sign Up Now** link in the New User? box. Enter your MyCenturaHealth Activation Code exactly as it appears below along with the last four digits of your Social Security Number and your Date of Birth to complete the sign-up process. If you do not sign up before the expiration date, you must request a new code

MyCenturaHealth Activation Code: FKJHS-5XHQH-B64TA
Expires: 2/24/2018 2:09 AM

If you have questions, you can e-mail MyCenturaHealth@Centura.org or call 866-414-1562 to talk to our MyCenturaHealth staff. Remember, MyCenturaHealth is NOT to be used for urgent needs. For medical emergencies, dial **911**.

Your Current Medications

	Morning	Noon	Evening	Bedtime	As Needed
 oxyCODONE 5 MG immediate release tablet Commonly known as: ROXICODONE START Take 1-2 tablets (5-10 mg total) by mouth every 4 (four) hours as needed for moderate pain for up to 20 doses. Max Daily Amount: 60 mg Refills: 0 Dose: 5-10 mg					
 promethazine 25 MG suppository Commonly known as: PHENERGAN START Insert 1 suppository (25 mg total) into the rectum every 6 (six) hours as needed for nausea or vomiting for up to 12 doses. Refills: 0 Dose: 25 mg					

Where to pick up your medications



Pick up these medications from any pharmacy with your printed prescription

oxyCODONE • promethazine

Medication Disclaimer

These are the medicines you have reported you are currently taking and any additional medicines prescribed or changes made during this visit. Please review it as soon as possible with your primary care provider and/or any other physicians you see for your outpatient care to be sure that is correct. Discard any old medicine lists.

When taking narcotics or muscle relaxants, do NOT drink alcohol, drive a car, or do anything that could hurt you. You may become very drowsy. Wait at least 8 hours after the last dose before doing these activities.

Always take antibiotics until all pills are gone.

If you are taking any medicines and develop a rash or hives or trouble breathing or swallowing, stop the medicine and see your doctor or go to the emergency room immediately.

Drug Monitoring Program

You are being given a prescription for controlled medication. When this drug is dispensed to you the prescription information will be entered into your State's Prescription Drug Monitoring Program (PDMP) database. Your prescription information in the database is a protected health record and cannot be accessed by non-caregivers except as part of an authorized investigation. You have the right to access your information in the PDMP through your State's Board of Pharmacy. You may seek corrections to the information as you would with your other medical records.

Information on Sedation

If you received a medication that was used to relax you during your test or procedure, it will be acting in your body for the next 24 hours, so you might feel sleepy and may forget things. This feeling will slowly wear off. Because the drug is still in the body, for the next 24 hours, you:

SHOULD NOT- Drive a car

SHOULD NOT- Use machinery or power tools

SHOULD NOT- Drink any alcoholic beverages (not even beer or wine)

SHOULD NOT- Take any drugs unless okayed by your doctor

SHOULD NOT- Decide anything that is important (such as sign important papers)

SHOULD NOT- Smoke unless someone is near to watch you closely

SHOULD NOT- Use a hot tub

ALERT: Be sure to watch any child who has been placed in a car seat for the ride home. If his/her head falls forward, it may be hard for the child to breathe.

You should have an adult who can help you and make sure you are safe today and during the night. If you cook, make sure you do not decide to go take a nap and leave cooking food on a burner! Rest today and tonight.

Birth Control Interaction Information

If you are a woman of child bearing age, the treatment you received may impact hormonal forms of birth control which include: oral contraceptive ("the pill"), patches, rings, implants, or injections. Additional barrier methods of birth control such as, condom, diaphragm, cervical sponge, or abstinence are recommended until you talk with your regular doctor.

Instructions

Acute Kidney Injury, Ambulatory Care

GENERAL INFORMATION:

Acute kidney injury happens when your kidneys suddenly stop working correctly. Normally, the kidneys turn fluid, chemicals, and waste from your blood into urine. In acute kidney injury, your kidneys can no longer do this. In most cases, it is temporary, but it may become a chronic kidney condition.

Common symptoms include the following:

- Decreased urination or dark-colored urine
- Swelling in your arms, legs, or feet
- Abdominal or low back pain
- Vomiting, diarrhea, or loss of appetite
- Fatigue
- Skin rash

Seek immediate care for the following symptoms:

- Heart beating faster than normal for you
- Sudden chest pain or trouble breathing
- Seizure

Treatment for acute kidney injury: Treatment depends upon the cause of your acute kidney injury and how severe it is. Medicines may be given to increase blood flow to your kidneys and protect your kidneys. You may also need medicine to decrease inflammation in your kidneys. You may be given IV fluids to replenish fluids and help your heart pump blood. Dialysis may be needed to remove chemicals and waste from your blood when your kidneys cannot.

Manage acute kidney injury:

- **Manage other health conditions.** Care for your diabetes, high blood pressure, or heart disease. These conditions increase your risk for acute kidney injury.
- **Talk to your healthcare provider before you take over-the-counter-medicine.** NSAIDs, stomach medicine, or laxatives may harm your kidneys and increase your risk for acute kidney injury.

Follow up with your healthcare provider as directed: Write down your questions so you remember to ask them during your visits.

CARE AGREEMENT:

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment. The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.

Instructions (continued)

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Stop Smoking

DO NOT SMOKE OR USE TOBACCO PRODUCTS

Avoid tobacco products including second hand smoke. For smoking cessation information contact Colorado Quitline at 1-800-QUIT NOW or visit www.coquitline.org.

Smokefree.gov (<http://smokefree.gov>) provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.

Opioid Pain Medication Safety

Opioids can be taken safely for relief of chronic and/or acute pain. The goal is to keep your pain at a level where you may feel some aches but are able to do the things needed to get better and take care of yourself.

How to Take Opioid Pain Medication...

Take pain medicine as ordered by your doctor.

Pain medication may be ordered on a "regular" or "as needed" basis.

Regular Basis	As Needed Basis
Take at same time every day.	Take when you start to feel pain or before activity that causes pain.
Wake up during sleep to stay on plan.	No need to get up during sleep to take.

Opioids are either short or long acting.

Short-acting opioids (Take on "As Needed" basis)	Long-acting opioids (Take on "Regular" basis)
Releases in body over a short period of time	Releases in body over a long period of time
Treats acute pain	Treats constant or chronic pain

Side Effects of Opioid Pain Medication

The most common side effects and prevention methods are:

■ Constipation can be avoided by:

- Drinking liquids and eating fiber such as fruits, vegetables, or bran.
- Exercise, like walking.
- Use of an "over-the-counter" stool softener like Colace, or a laxative like Milk of Magnesia or Miralax.

■ Nausea can be avoided by:

- Taking pain medicine with food or on a full stomach.

■ Drowsiness:

- If you feel drowsy, call your doctor to see if you should keep taking opioid medicine.

■ Dizziness or confusion:

- If you feel dizzy or confused, call your doctor to see if you should keep taking opioid medicine.

Note: Not everyone will have side effects from opioids.

Special Precautions When Taking Opioid Pain Medication

- Do not drive, work with dangerous machines, or take part in unsafe activities, like climbing a ladder. Check with your doctor before doing any of these activities.
- There are many kinds of pain medication. If you take more than one type at the same time, you are at a higher risk for side effects. Do not take more than ordered by your doctor.
- Ask before using medications not ordered by your doctor. These include over-the-counter medications, vitamins, and herbal supplements.
- Do not drink alcohol while taking opioids.

If you have sleep apnea, there is a higher chance of sleepiness and/or trouble breathing while taking pain medication.

If you wear a CPAP, use it at all times when sleeping.



Potential Risks of Opioid Pain Medication

Tolerance:

- Is when you need an increasing amount of opioid medication to reach the same pain relief as when you first started. This can occur when taking opioids over a long period of time.

Addiction:

- Is when you take pain medicine for other reasons than pain. Those who take opioids for pain relief stop taking these medications when pain is gone.

Physical dependence:

- Is a result of the body getting used to opioid medication. If you stop taking regular doses of opioid too quickly, you may have signs of withdrawal, like restlessness or sleeplessness.

Overdose:

- It is unlikely you will overdose on your pain medication when taken as prescribed by your doctor. Doses needed for good pain relief are rarely, if ever, large enough to cause overdose.

Types of Pain Medication

NON-OPIOIDS are used to treat *mild-to-moderate* pain. Common ones are:

Generic Name	Brand Name
Acetaminophen	Tylenol
Ibuprofen	Motrin; Advil
Aspirin	Aspirin; Bayer Aspirin; Ecotrin

OPIOIDS are used to treat *moderate-to-severe* pain. Common ones are:

Generic Name	Brand Name
Hydromorphone	Dilaudid
Oxycodone	Oxycontin; Oxy IR; Roxicodone
Morphine	MS Contin; Roxanol
Combination Opioids	
Oxycodone (with acetaminophen)	Percocet
Hydrocodone (with acetaminophen)	Vicodin; Lortab; Lorcet
<i>Alert: If you are taking a 'combination' pain medication, do not take more acetaminophen. Acetaminophen is in many over the counter medications.</i>	

Call Your Doctor IF:

- You are not getting enough pain relief.
- Your pain changes or becomes worse.
- You have confusion, fainting spells, drowsiness, or sleepiness.
- You have trouble breathing.
- You have skin rash, hives, or itching.
- YOU HAVE ANY QUESTIONS

Safe Storage of Pain Medication:

- Keep out of the reach of children.
- Keep medicine in a safe place to guard from theft. Do not share with anyone.
- Get rid of unused or expired medicine. If you have any questions, ask your local pharmacist about how to safely dispose of medicine. Pets and children can be hurt if they find old or lost medication packaging.