



Patient and Family Education at Discharge - Normal Vaginal Delivery

(By Physician and Nurse)

Unit No: شماره پرونده:

Attending Physician: پزشک معالج:	Ward: بخش	Name: نام:	Family Name: نام خانوادگی:
Date Of Admission: تاریخ پذیرش:	Room: اتاق:	Date Of Birth: تاریخ تولد:	Father Name: نام پدر:
	Bed: تخت:		

Final Diagnosis: Discharge Date : Ward Phone:
Tracking code for prescribed medications and laboratory tests :
Condition at Discharge : Recovered ☐ Partial recovery ☐ Discharge against medical advice ☐
Follow-up ☐ Other ☐
Dear patient: Please read the contents of this form carefully, and do not forget to prepare the prescribed medications or perform the requested tests.

Drug name	Time (hour)	Daily frequency	Drug name Correct use method	Drug instruction
			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
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Diet after discharge: It is recommended to eat from all major food groups including bread and grains, vegetables, fruits, milk and dairy products, meat, and nuts. Dietary restrictions: Avoid gas-forming foods or foods that cause constipation. Other:				Diet
Avoid heavy activity and sexual intercourse for 4 to 6 weeks. Other:				Activity and Rest
Bathing is allowed with no restrictions.				Bathing
If your normal vaginal delivery involved stitches, monitor the stitch site for swelling and discharge. Wash the perineal area with normal saline twice daily for 4 days after delivery. Keep the perineal area dry and clean. The stitches are absorbable and do not need to be removed.				Wound, Surgical Site

If you notice any abnormal symptoms such as abdominal pain, fever, heavy bleeding or blood clots, purulent and foul-smelling vaginal discharge, unilateral leg swelling, shortness of breath, chest pain, palpitations, etc., go to the obstetrics emergency department. If the newborn shows abnormal symptoms such as very rapid breathing or stopping breathing, jaundice, lethargy, severe restlessness, cold body, frequent vomiting, abdominal distension, or feeding problems, go immediately to the nearest medical center. Other:.....	Warning Signs
If you have questions or problems regarding your condition, you can call the Hospital Health Education Clinic daily (except holidays) from 8:00 AM to 12:00 PM at 05132595516 ext. 309. For newborn problems, contact breastfeeding consultation centers. Return to the obstetrics clinic for follow-up 7 to 10 days after delivery. Take the newborn to the health center for a heel prick thyroid test at 3 to 5 days of age. Take the newborn to a pediatrician for examination 24 to 48 hours after discharge. If recommended by the doctor, use elastic stockings and a medical abdominal binder. For appointment information: Call 05132595516. Note that appointments are given in person on the day the specialist is present, before 7:00 AM.	Post-Discharge Follow-up
Make sure the umbilical cord is not placed inside the diaper. No disinfection or tying of the umbilical cord is needed. When leaving the ward, go to the nursing station to give the newborn the polio vaccine drop.	Other Educational Items
Dear patient: After reading this form, write down any questions and ask your nurse before leaving the hospital. 1- 2- 3- × If a pathology (biopsy) sample was sent during your hospital stay, the answer code and tracking ID for pathology tests will be written on your discharge summary. You can receive your test result by visiting the online results system at the address below: ----- and then show it to your doctor. If needed, you may also receive the result in person by going to the pathology laboratory or to the ward where you were admitted.  × To access educational materials related to your illness, scan the barcode to enter the patient education website of 22 Bahman Hospital. 22 Bahman Hospital Patient Education Website Address: : https://22bahman-hospital.com/en/patient-education-ipd/ × If you have any questions about your illness, you may contact the Health Education Nursing Clinics every day (except holidays) from 7:30 AM to 1:00 PM. Nursing Clinic Phone: 05132595516 ext. 309. If you need to ask questions outside the mentioned hours, please contact the ward where you were admitted Patient/Family signature or Physician signature & stamp fingerprint Nurse signature & stamp	