



Patient and Family Education at Discharge – Obstetrics – Hysterectomy

(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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			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
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			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
Diet after discharge: If you have no underlying disease, you do not need a special diet. Your daily diet should include plenty of vegetables, fruits, and fluids.				Diet
Dietary restrictions: It is best to avoid gas-forming foods until the third day after surgery.				
Other:				Activity and Rest
Other:				
One day after discharge, you can shower, remove the dressing, and gently wash around the wound with your hand, water, and soap. Do not rub the stitches with a washcloth.				Bathing
There is no need to re-dress the wound.				Wound, Surgical Site

If you experience severe abdominal pain, fever and chills, discharge or bleeding from the wound site, pain or swelling in one or both legs, blurred vision and dizziness, chest pain and shortness of breath, heavy vaginal bleeding or foul-smelling vaginal discharge, or any abnormal sign, go to the obstetrics clinic. Other:.....	Warning Signs
To follow up on pathology results, call the phone number 20 days after discharge, and after receiving the results, go to the obstetrics clinic. Return to the clinic 1 to 2 weeks after surgery for stitch removal. For appointment information: Call 05132595516. Note that appointments are given in person only, on the day the specialist is present, before 7:00 AM.	Post-Discharge Follow-up
If during the hysterectomy both of your ovaries were also removed, symptoms such as hot flashes and sweating may occur due to hormonal changes. In this case, walking and calcium intake are recommended to prevent osteoporosis.	Other Educational
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/ × f 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	