

General Emergency Department Discharge Instructions

Thank you for choosing Lenox Hill Hospital Emergency Department (ED) for your emergency care visit. Your visit to the ED focused mainly on your emergency needs and is not intended as complete care. It is important that you follow up with a doctor, nurse practitioner, or physician assistant for ongoing care. If your symptoms become worse or you do not get better as expected and you are unable to reach your usual health care provider, you should return to the ED. We are open 24 hours a day, 7 days a week.

The Healthcare Providers That Cared For Me Today:

Michael A. Tocco, MD

My Diagnoses:

Main Diagnosis: ~~Facial hemangioma~~ Angioedema
Second Diagnosis:
Third Diagnosis:

What Do I Do Now?

- I will call my healthcare provider for a follow-up appointment.
- I will take my discharge packet with me when I follow up.
- I will return to the ED if my symptoms get worse, do not go away, or I do not improve as expected.
- I will make sure to take all the medications prescribed by my ED health care provider.
- I will read the "What Else Can You Tell Me About My Diagnosis or Medications?" section at the end of these instructions for more information about my diagnoses and prescriptions.

Where Do I Follow Up?

It is very important that I follow up with the following healthcare provider(s):

The patient is discharged to home. Patient's condition is improved. Please follow-up with Dr. Dubin today. You will need a referral to an allergist.

- I Will Make Sure To Call For An Appointment - "Walk In" Visits Are Not Accepted
- I will call the ED Social Worker at [REDACTED] if I have any problems arranging my follow-up visit.

I Don't Have A Healthcare Provider, How Can I Find One?

If I don't have a doctor or dentist, I can call the Lenox Hill Hospital Physician toll-free referral service Monday through Friday from 9 am to 4:30 pm at [REDACTED]. A counselor will help me find a healthcare provider for:

- Follow-up care
- A second opinion, or
- General medical attention for me or my family.

Lenox Hill Hospital
100 East 77th Street
New York, NY 10075
[REDACTED]

Patient: EPSTEIN, JEFFREY
Physician: Michael A. Tocco, MD
MR #: [REDACTED]
Account #: [REDACTED]
Today's Date: 12/5/2013

I can also visit the Lenox Hill website at: www.lenoxhillhospital.org and use the "Find a Doctor" link to find a Lenox Hill healthcare provider.

If I need more help to make an appointment with an appropriate referral healthcare provider given to me by the ED staff, I will contact the ED Social Work office at [REDACTED]

What Was Done While I Was Here?

While in the ED, my care included:

- Physical Examination

Do I Need Any Medications?

I will continue to take all of the medications I was taking before I came today unless my ED provider told me to stop them.

What Medication Was I Given?

I will read the "Medication Reconciliation" form given to me today for a list of my medications, medicines I was given while I was in the ED, and any new prescriptions.

How Can I Get A Copy Of My Test Results Or Medical Record?

If I want a copy of my medical record from today's visit or a copy of my completed lab/test results, I will contact the Medical Records Department at:

Lenox Hill Hospital
Health Information Management, Correspondence Unit
100 East 77th Street, New York, NY 10075
Phone: [REDACTED]

I will be sure to give the name and address of my healthcare provider and the date I came to the ED.

How Can I Get A Copy Of My X-Ray/Radiology Tests?

The ED provider made an on-the-spot reading of my x-rays. The radiologist will also review my images.

I will be contacted after the radiologist looks at my tests if a change in my diagnosis or treatment is needed. I will be sure to give the ED the phone number and address where I can be reached.

My images cannot be given to me when I leave the ED today because they are all digital pictures. I will call the Radiology Department at [REDACTED] if I want a copy of my images.

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How Do I Get Lab Results I Haven't Received Before I Left the Hospital?

Some of my lab tests may take a few days to complete. If I am waiting for lab results:

- I will call [REDACTED]
- I will leave a message with the phone number where I can be reached.
- Someone from the ED staff will return my phone call within 24 hours.

I understand that this phone number is not the one I use to get a copy of my medical record, x-ray or completed lab/test results. If I want my records, x-ray or completed lab/test results, I will re-read the two sections above to find out how to do this.

If I Had An HIV Test But Did Not Receive My Result, How Do I Get My HIV Test Result?

If I did not receive my HIV test result while I was still in the ED, I will call the Lenox Hill HIV/AIDS Retroviral Disease Center at [REDACTED] for my result and follow-up counseling.

What If My Injury/Illness Happened At Work?

If my injury or illness is work related, I must get follow-up from a healthcare provider who is registered with the Worker's Compensation Board. I can contact the Worker's Compensation Board at:

Workers' Compensation Board Office
215 West 125th Street, 4th Floor
New York, NY 10027
Phone: [REDACTED]

Will I Get A Bill For My Visit?

I may receive more than one bill for my emergency visit today. One bill will be from the hospital and other bills may be from the specialty healthcare providers and departments who also cared for me (For example: emergency medicine, surgery, cardiology, orthopedics, radiology department, etc.). All of these healthcare providers are trained and specialize in specific areas to give me the best emergency care possible.

Each bill I receive will have contact information for that healthcare provider practice/department. If I have any questions about my bill(s), I can call the number listed on each separate bill or call the Lenox Hill Customer Service Department at 877-449-0828.

What Other Helpful Contact Numbers Can You Give Me?

- Lenox Hill Medicine Clinic: 212-434-6776, 178 E 85th Street, 2nd Floor, New York, NY 10028
- Lenox Hill Hospital Outpatient Center for Mental Health: [REDACTED], 1430 Second Avenue, New York, NY 10065
- Suicide Prevention (toll-free suicide prevention service available to anyone in crisis):
 - The National Suicide Prevention Lifeline: [REDACTED]
 - For Mandarin/Cantonese: [REDACTED]
- Alcoholism Council of New York Helpline: [REDACTED]
- Care for the Homeless: [REDACTED], 12 W 21st Street, 8th Floor, New York, NY 10010

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- Domestic Violence and Sexual Assault Hotline (available 24 hours):
[REDACTED]

Smoking Cessation

If I use tobacco, quitting is the most important step I can take to improve my health and live longer. If I want to quit I can:

- Contact my healthcare provider for help with quitting.
- Contact the Center for Tobacco Control at the North Shore-LIJ Health System: [REDACTED] or use their website [REDACTED]
- Contact the New York State Smoker's Quit line: [REDACTED] or use their website [REDACTED]
- Join [REDACTED] to quit smoking and stay quit: visit the website [REDACTED] or call ([REDACTED]) ([REDACTED]). Get expert help and group support. Conveniently meets over the phone and online.

What Else Can You Tell Me About My Diagnosis Or Medications?

The following instructions were selected for me today:

Angioedema

Angioedema

You have been seen for an episode of Angioedema.

Angioedema causes swelling of the face, usually involving the lips, tongue and throat. The most common cause is a reaction to a medication. Most cases of angioedema are mild and resolve on their own in a few hours. Sometimes (rarely) the swelling is very severe and can become life-threatening! The danger happens when swelling of tongue and throat blocks off the airway and prevents a person from breathing. Angioedema IS NOT a typical allergic reaction and it does not respond well to the usual treatments used for allergic reactions.

If you are being discharged after an evaluation for an episode of Angioedema, your symptoms were mild and not considered life-threatening. Once the swelling has started to improve, it is very unlikely that you will have any "rebound" symptoms or that the swelling will suddenly become worse.

There are 2 major causes for angioedema: A reaction to a medication and an inherited condition.

- By far, the most common drugs that can cause angioedema are a class of medications called "ACE Inhibitors." They are used to treat high blood pressure. Although they are safe medications for most people, up to 0.7% of the patients who use them can develop angioedema. This problem is more common in African-Americans. About half of the time, the angioedema will develop within the first week of using the ACE inhibitor medication, but it can occur even after years of uneventful use of the drug.
- The following are some common ACE Inhibitor-type medications: benazepril (Lotensin), Captopril (Capoten), enalapril (Vasotec), fosinopril (Monopril), lisinopril (Zestril/Prinivil), moexipril (Univasc), perindopril (Aceon), quinapril (Accupril), ramipril (Altace), trandolapril (Mavik).
- Hereditary angioedema is an inherited problem that causes a low level of an enzyme called "C1 Esterase Inhibitor." Minor injury to the face (bruising) can cause an attack of angioedema to occur, although attacks of swelling can also happen for no known reason. Abdominal (belly) pain is also common in this type of angioedema.

If you have an episode of angioedema that is believed to be caused by an ACE Inhibitor, you MUST NOT use ANY of these medications again! Your doctor should pick a different blood pressure medication that is from a different class of drugs. Because of a possible cross-reaction, you SHOULD NOT be started on "Angiotensin II receptor-blocking agents" such as candesartan (Atacand), eprosartan (Teveten), irbesartan (Avapro), losartan (Cozaar), olmesartan (Benicar), telmisartan (Micardis), valsartan (Diovan).

PLEASE NOTE THAT THESE LISTS OF ACE INHIBITORS AND ANGIOTENSIN II RECEPTOR-BLOCKING AGENTS ARE NOT COMPLETE AND OTHER DRUGS IN THESE CATEGORIES MAY BE ON THE MARKET. CHECK WITH YOUR DOCTOR OR PHARMACIST BEFORE USING ANY NEW BLOOD PRESSURE MEDICATIONS.

YOU SHOULD GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY, BY CALLING 911, IF ANY OF THE FOLLOWING OCCURS:

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- You have any difficulty breathing or swallowing because of the swelling in your face. If this happens, CALL 911 IMMEDIATELY (or the correct number in your area to get an emergency ambulance) and have the paramedics take you to the hospital. DO NOT drive yourself to the hospital unless you have no other choice and there will be a long delay waiting for an ambulance.
- You develop any new or recurring swelling of your lips, tongue or throat.
- Your swelling becomes worse.

Medication Reconciliation

THIS IS A LIST OF THE MEDICATIONS THAT YOU WERE ON:

- Aspirin PO ,

THESE ARE THE MEDICATIONS YOU WERE GIVEN IN THE EMERGENCY ROOM:

- sodium chloride 0.9 % IV 1 liter(s) bolus ,
- diphenhydrAMINE hcl (BENADRYL) IV Give 50 MG. ,
- methylPREDNIsolone sodium succ (Solu-MEDROL) IV Give 125 MG. ,
- famotidine (PEPCID) IV Give 20 MG. ,

THESE ARE THE PRESCRIPTIONS THAT YOU WERE GIVEN TODAY:

- New. Prednisone 50mg; Four (4); Take one tab once a day x 4 days ,

THESE ARE THE NON-PRESCRIPTION MEDICATIONS RECOMMENDED FOR YOU TODAY:

Every effort has been made to make sure my new prescriptions do not interact with any of the medications I may already be taking.

I will always tell my healthcare provider and pharmacist about all medications I take.

*** If I have any side effects, such as a rash, difficulty breathing, or a severe upset stomach, I will stop the medication(s) right away and call my healthcare provider or return to the Emergency Department ***