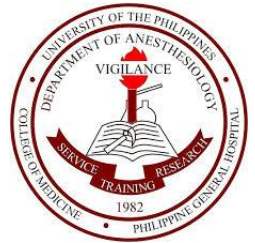




**Philippine General Hospital**  
 University of the Philippines Manila  
 The Health Sciences Center  
 Taft Avenue, Manila  
 "PHIC Accredited Health Care Provider"  
**Department of Anesthesiology**



## POST ANESTHESIA DISCHARGE INSTRUCTIONS FOR OUTPATIENTS

<b>Date:</b>			
<b>Patient's Name:</b>		<b>Age:</b>	<b>Sex:</b>
<b>Procedure:</b>	<b>Anesthesia Technique:</b>		

<b>P</b>	<ul style="list-style-type: none"> <li>• <b>Pain meds can be given; continue maintenance meds</b> <i>("pwedeng bigyan ng gamot para sa kirot; ituloy ang ibang pang araw-araw na gamot")</i></li> <li>• <b>Position your child's head tilted back or to the side if still sleepy</b> <i>("itagilid o itingala ang ulo ng bata kung inaantok pa")</i></li> <li>• <b>Place your child in lateral position if vomiting</b> <i>("ihiga nang nakatagilid ang bata kung nagsusuka")</i></li> </ul>
<b>E</b>	<ul style="list-style-type: none"> <li>• <b>Eat or drink only once fully awake; avoid greasy food</b> <i>("kumain o uminom kapag gising na gising na; iwasan ang masesebong pagkain")</i></li> <li>• <b>Encourage oral fluid intake esp. if contrast was given</b> <i>("painumin ng marami lalo na kung gumamit ng contrast sa eksaminasyon")</i></li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>• <b>Don't leave your child alone</b> <i>("huwag iiwanang mag-isa ang bata")</i></li> </ul>
<b>I</b>	<ul style="list-style-type: none"> <li>• <b>Indoor play activities only</b> <i>("sa loob ng bahay lang muna ang paglalaro")</i></li> </ul>
<b>A</b>	<ul style="list-style-type: none"> <li>• <b>Assist your child during all activities to avoid falls and injuries</b> <i>("samahan at tulungan ang bata sa lahat ng kanyang gagawin para maiwasan ang disgrasiya")</i></li> </ul>

<b>WATCH OUT FOR:</b> <i>("Bantayang Mabuti!!!")</i>	<b>excessive sleepiness</b> <i>("sobrang tulog, mahirap gisingin")</i>	<b>difficulty breathing</b> <i>("hirap sa paghinga")</i>	<b>pale/dusky skin color</b> <i>("pamumutla o nangangasul na kulay ng balat")</i>	<b>frequent vomiting</b> <i>("madalas na pagsusuka")</i>
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**CALL ANESTHESIA TEAM: 09184903348 or 09327869024**

<b>Received by:</b>	_____ Name of relative and signature:	_____ Date:
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