



Cayuga  
Medical Center  
at Ithaca

**Cayuga Medical Center**  
Emergency Department 607-274-4411  
Urgent Care Center (Ithaca) 607-274-4150  
Cortland Convenient Care 607-756-7200

Patient: SAUNDERS, KEVIN Date: 04-28-2010 Time: 15:54:43 Page 1

**Instructions for: SAUNDERS, KEVIN**

**Date: 04-28-2010 Your care provider was: WILLIAMS, EMILY NP**

**GASTRITIS:**

You have an inflammation of the stomach, called gastritis. This commonly causes upper abdominal pain, nausea, and vomiting. In severe cases, bleeding of the stomach lining can occur. Gastritis can be caused by bacteria or viruses, alcohol, or stomach-irritating drugs.

Take nothing by mouth for the first four hours of the illness, then begin sips of clear liquids. Take increasing amounts of fluid over the first 24 hours. Then start small amounts of bland foods (such as dry toast, applesauce, mashed potato). Gradually resume your usual diet.

You should take antacids every two hours until the pain has subsided. Acid-suppressing drugs may be prescribed as well. Avoid aspirin, caffeine, tobacco, and alcohol.

If the abdominal pain worsens, or there is evidence of major bleeding in the stomach (such as black, tarry stool, bloody or black vomit, or lightheadedness), you should return immediately. Call the doctor if you aren't improved in 24 to 36 hours.

**YOU SHOULD START SIPS OF CLEAR FLUID NOW.**

**ANTINAUSEA MEDICATION:**

You have been given a medication to suppress nausea and vomiting. This type of medication can be given as a shot, pill, or suppository. It will usually last for many hours. Pills and shots usually last six to eight hours, suppositories last about 12 hours. For the typical illness, only one or two doses of the medication may be necessary.

Mild lightheadedness may occur. This type of medicine can cause drowsiness. Do not drive or operate dangerous machinery while under its influence. Do not mix with alcohol.

See your doctor at once if you have muscle spasms or tightness, or uncontrollable motions (particularly of the neck, mouth, or jaw). Persistent vomiting or severe lightheadedness should also be evaluated by the physician.

**YOUR BLOOD PRESSURE WAS VERY HIGH TODAY. PLEASE CALL YOUR PRIMARY CARE PROVIDER TO SET UP FOLLOW-UP CARE, PREFERABLY BY THE END OF THE WEEK.**

**FOLLOW-UP CARE:**

Although no definite follow-up visit has been scheduled for you, you should return if there is unexpected worsening or a significant change in your symptoms. If you have a question, please call at any time. The phone number is listed above.

Many diseases or conditions can change. Some diseases may worsen despite proper treatment. Some begin with unusual or vague symptoms and may require passage of time for symptoms and findings to develop before a diagnosis can be made. If your symptoms worsen, then **you should go to the ER immediately or contact your primary care physician.**

Please make sure the contact number you have given us is where we can contact you with any results or changes in treatment.

**X-rays:** Our radiologists interpret all x-rays. This is usually done within 24 hours. If there are any important differences between the radiologist's and the provider's interpretation of your x-rays, you will be notified.

**Lab:** If you have had lab work done and let us know which doctors should get a copy of results. We will then send a copy of the results to your doctor. If your doctor does not receive a copy of the reports, then he/she may contact our lab for the results. Some results may not be received for 24 to 72 hours. You will be contacted if there are any results requiring further testing or change in treatment.

**Cultures:** If you had cultures the results will generally NOT be available before 48 to 72 hours depending



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on the specimen. We will call you if your results are positive.

**Pain:** If you have been given something for pain, please take it as prescribed. If your pain is not controlled or not tolerable to you, please contact your primary care provider for instructions or call us.

**Blood Pressure:** If your blood pressure was higher than normal, then make an appointment to see your primary care doctor within 7 days.

**Smoking Cessation:** Tobacco use causes lung and throat cancer, heart attacks, birth defects, strokes, emphysema and death. Please stop immediately. If you are unable to stop then ask your doctor for help. The number for the NYS Quit Line is 866-697-8487.

**Survey:** We are doing a survey of our patient's experiences while in our facility for care. This study is very important to us and will allow us to better serve our patients in the future. If you receive a survey in the mail, please take the time to fill it out and return it. If you have concerns about your visit, please call 274-4624 to discuss them with us.

**Billing Questions:** Our business office can answer questions about your bill or insurance on weekdays, 9 to 5 at 607-274-4400.

**Physician Bill:** If you have question regarding the physician portion of your bill, please call: 800-700-9078

**Medical Records:** Your medical information is stored electronically on our secure network. It will be readily available to your doctor if needed. To obtain printed copies of your records, please call the Medical Records number below.

Xray 607-274-4271      Records 607-274-4313

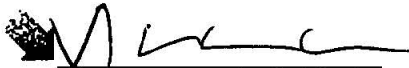
**Records:** To better serve you, please list the physicians you would like a copy of this record to be sent to:

Physician: Dr. Brieman

Physician: \_\_\_\_\_

**I understand and have received a copy of these instructions, have had an opportunity to discuss them and authorize the above listed physicians to receive a copy of this record.**

**My questions have been answered. (Entiendo estas instrucciones y he recibido copia de ellas.)**

  
Patient (or representative)

  
Nurse/Physician