PLEASE SCAN FOR
THE LOCATION

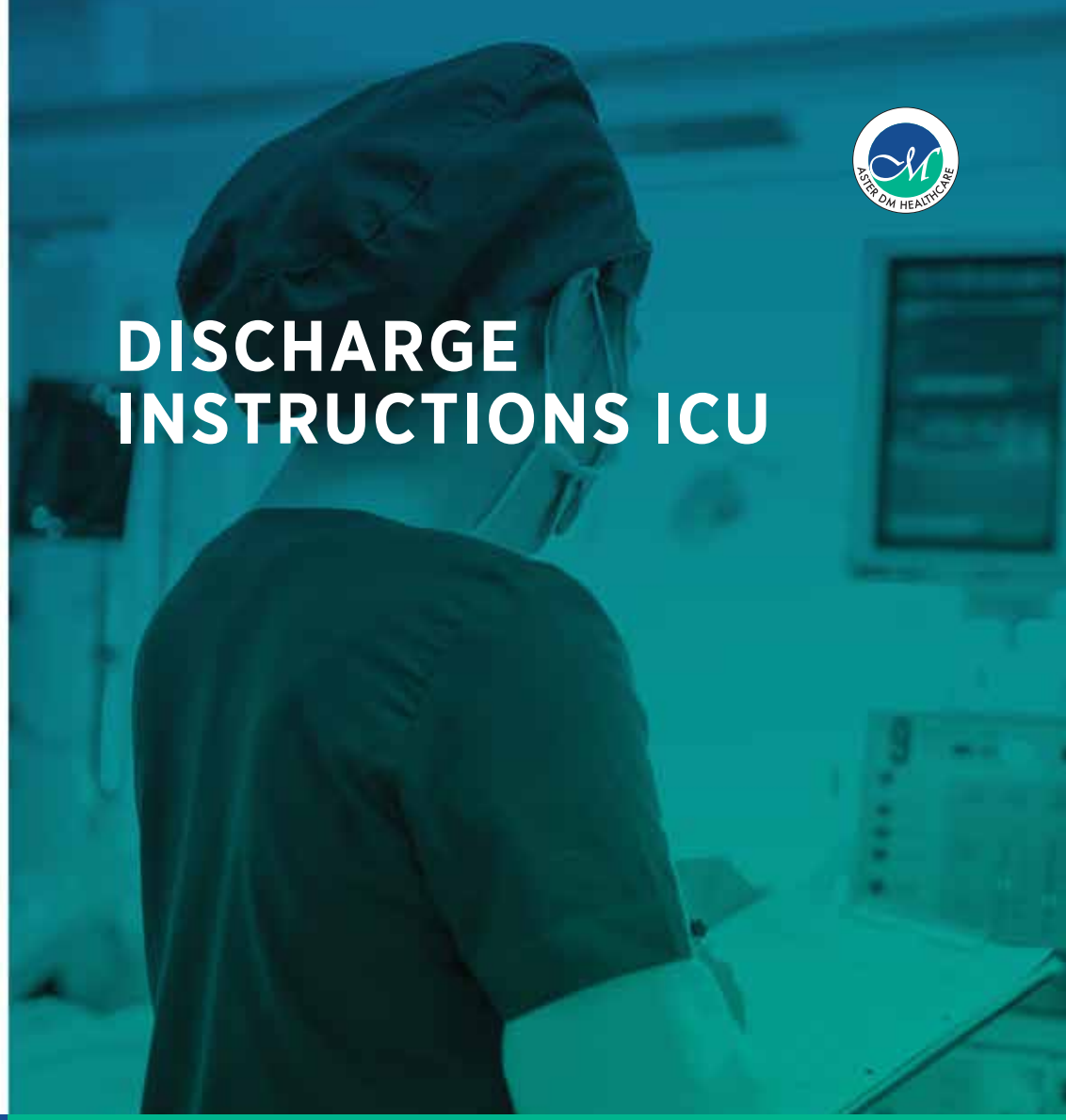
Aster
HOSPITAL
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



DISCHARGE INSTRUCTIONS ICU

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DIGITAL VERSION

DIET

- DIABETIC DIET
- HYPERTENSIVE DIET
- RENAL DIET
- CARDIAC DIET
- DIABETIC HYPERTENSION DIET
- DIABETIC HYPERTENSION RENAL DIET

7. DIABETIC HYPERTENSION CARDIAC DIET

GENERAL MEASURES

- Drink plenty of fluids (if urine output is good), it is recommended to take 8-10 glasses of water daily ,limit fluid intake after 6pm .
- Resume a regular diet at home as per the chart .

ACTIVITIES

- Limit your activities for some days.
- Avoid straining ,Avoid excessive weightlifting .
- No drinking for at least 3-5 days .
- Regular light activity is encouraged several times daily like light walking

DISCHARGE MEDICATIONS AND FOLLOW UP VISIT

- Follow discharge summary, continue the medications as advised by the doctor ,return for the follow up in the hospital with the discharge summary instructed by your doctor .

WHEN TO OBTAIN URGENT CARE

- Notify your doctor or come to emergency department immediately if you feel any discomfort .
- Fever greater than 101 Fahrenheit with excessive chills.
- Shortness of breath
- Chest pain
- Swelling in the legs
- Nausea and vomiting
- Excessive bleeding or passage of large clots
- Severe diarrhea

Also, if you feel your bladder is not draining or if you are unable to urinate .

PATIENTS WITH DKA /DIABETIC EMERGENCIES

- Routine GRBS monitoring as per discharge summary
- Maintaining proper blood sugar monitoring chart and insulin chart
- Take your insulin and diabetic medicine timely as per discharge summary
- Take your diet as per Diet chart/instruction

CHRONIC KIDNEY DISESAE

- Diet as per diet chart/instruction
- Fluid as per doctors advise

NSTEMI /STEMI

- Diet as per diet chart
- Avoid heavy exercises
- General care

PNEUMONIA

- Incentive spirometry
- Daily ambulation with or without support

CEREBROVASCULAR ACCIDENT

- Physiotherapy



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