

POST PARTUM DISCHARGE ORDERS

NURSING

- Discharge home if patient temperature less than 100° F, vital signs within normal limits, regular diet is tolerated, voiding and ambulating well. Date of Discharge: _____
- Vaginal Delivery- patient education
 - Pelvic rest for 6 weeks
 - Regular diet
 - Follow up with MD in 6 weeks
 - Patient to call MD for any of the following: pain, emesis, temperature > 100.4° F, or heavy vaginal bleeding
- C-Section -patient education
 - Pelvic rest for 6 weeks
 - Avoid heavy lifting, stairs, and driving for 2 weeks
 - Regular diet
 - Follow up with MD in 2 weeks AND 6 weeks
 - Patient to call MD for any of the following: pain, emesis, temperature > 100.4° F, or heavy vaginal bleeding