

Diagnosis: _____

Allergies: _____

Weight: _____ Height: _____

ROUTINE POST-PARTUM ORDERS AFTER VAGINAL DELIVERY

General Orders:

- Routine Vital Signs Other: Vital signs every _____ hours.
- Bedrest for _____ hours; then ambulate with assistance.
- Regular Diet. Other: _____
- Routine breast and perineal care with Sitz bath and lamp twice daily as needed for comfort.
- Ice pack to perineum as needed for discomfort.
- Catheterization at 6 hours post-partum if bladder distended and patient unable to void.

Laboratory:

- Complete blood count (CBC) post-partum day in AM.
- If Rh is negative, draw Rhogam lab and give Rhogam injection if indicated.

Medications:

- Rubella vaccine 0.5 mL subcutaneously if prenatal titer is negative or equivocal.
- Prenatal vitamin 1 tab orally, daily.
- Milk of Magnesia 30 mL orally at bedtime 1st post-partum day.
- Fleets enema on morning of 2d post-partum day if no bowel movement.
- Colace 100 mg orally twice daily.
- Dermoplast spray to episotomy as needed for discomfort. (LABEL FOR HOME USE)
- Lansinoh cream to breasts as needed for discomfort. (LABEL FOR HOME USE)
- Anusol HC cream or suppository as needed for hemorrhoid discomfort (LABEL FOR HOME USE)
- Acetaminophen (Tylenol) 325 mg tablets 2 tablets orally, as needed every 4 hours for mild pain or headache.
- Motrin 800 mg tablet, orally every 8 hours.
- Ambien 10 mg at bedtime as needed for sleep.
- Darvocet N 100 mg 2 tablets orally as needed for pain. May repeat every 4 hours.
- Lortab 5 mg 7.5 mg 10 mg tablet orally, every 4 hours as needed for mild pain, when not NPO.
- Demerol 25 mg with Phenergan 25 mg intramuscularly for pain unrelieved by oral meds. May repeat every 4 hours
- Demerol 50 mg with Phenergan 25 mg intramuscularly for severe pain (pain score > 7) may repeat every 4 hours.

Other Orders:

Physician Signature: _____ Date & Time: _____

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**SOUTH CENTRAL REGIONAL
MEDICAL CENTER**

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