



CHONG HUA HOSPITAL

Healing with Passion. Caring with Compassion.

DISCHARGE INSTRUCTION

MDO-ORG-FM-056 ver01

Patient Name: BACTOL Last Name		BB GIRL (RACEL) First Name		T MI	Date of Birth: mm/dd/yyyy: 01/26/2025	Patient Identification No. (PIN): 250000529515
Age: 0	Sex: FEMALE	Rm #: B-936A	Attending Physician(s): DE LA CALZADA, JO JANETTE RESURRECCION, M.D.			
DIAGNOSIS					Date Admitted	Date Discharged
1.) TRANSIENT TACHYPNEA OF THE NEWBORN 2.) LIVE TERM FEMALE NEONATE DELIVERED VIA NORMAL SPONTANEOUS DELIVERY, 39 WEEKS BY BALLARDS SCORING, APGAR SCORE 7/9, BIRTH WEIGHT 3135 GRAMS, APPROPRIATE FOR GESTATIONAL AGE					Jan 26, 2025	Jan 28, 2025

A. MEDICATIONS (THIS SERVES AS A PRESCRIPTION)

MEDICATIONS Generic (Brand Name)	Dosage	Qty	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	At Bedtime	Remarks Ex: Indication, duration, significant side effects

* Report any of the side-effects to your doctor

B. CARE REQUIRED / SPECIAL INSTRUCTIONS

B.1 Diet

BREASTFEEDING EVERY 2-3 HOURS OR PER DEMAND, BURP THEREAFTER.

B.2 Activity

ROUTINE NEWBORN CARE:

DAILY BATH WITH MILD SOAP AND WATER.

KEEP CORD DRY. IN CASE VISIBLY SOILED, MAY APPLY 70% ISOPROPYL ALCOHOL.

EARLY MORNING SUNLIGHT EXPOSURE (6-7AM) FOR 30 MINS (15 MINS FRONT, 15 MINS BACK), REMOVE CLOTHES.

KEEP TEMPERATURE BETWEEN 36.5C - 37.5C.

LIMIT VISITORS. LIMIT INDIVIDUALS WHO CAN APPROACH THE NEWBORN.

B.3 Other Instructions

STAY INDOORS UNLESS NECESSARY.

NEWBORN SCREENING RESULT-1MONTH

CHONG HUA HOSPITAL 255-8000 - CONNECT TO OPD OR NURSERY IF WITH CONCERNS
8:00 AM-11:00AM (TUESDAYS AND THURSDAYS)

IF WITH PROBLEMS, MAY SEEK TELECONSULT AT [HTTPS://PATIENTPORTAL.CHONGHUA.COM.PH](https://patientportal.chonghua.com.ph) THEN BOOK APPOINTMENT AT CHONG HUA HOSPITAL CEBU.

FOLLOW UP AT CHH FUENTE OPD ON JANUARY 31, 2025 (FRIDAY) 8AM

C. FOLLOW-UP