St Anywhere Hospital
1234 Main Street
Anywhere, IL 55555
555-555-5555

Bukaan-socod/Patient: Kelly Smith
Dhakhtar/Physician: Colin Kaide, MD
Lam. Diiwaangelinta Daaweynta/MR #: 8765432
Lam. Koontada/Account #: 123456789
Taariikhda Maanta/Today's Date: 5/9/2013

Tilmaamo Guud ee ku saabsan ka Saarista Waaxda adeegga Deg-degga (Emergency)
General Emergency Department Discharge Instructions

Baaritaanka iyo daaweynta aad ka heshey Waaxda adeegga Deg-degga waxay ahaayeen dhibaatooyin deg-deg ah oo looguma danlahayn sida daryeel dhameystiran. Si daryeel joogto ah aad u hesho waxaa muhiim ah in aad la socoto dhakhtar, kalkaaliso xirfadle, ama kaliyaha dhakhtarka. Haddii ifafaalooyinkaaga ay ka soo daraan ama sida la filanayay aad ka bogsoon weydo oo aad gaari kari weydo daryeel bixiyahaaga caafimaadka caadiga ah, waa in aad ku soo noqotaa Waaxda adeegga Deg-degga. Waxaan furan nahay 24 saacadood maalintiiba.

The exam and treatment you received in the Emergency Department were for an urgent problem and are not intended as complete care. It is important that you follow up with a doctor, nurse practitioner, or physician's assistant for ongoing care. If your symptoms become worse or you do not improve as expected and you are unable to reach your usual health care provider, you should return to the Emergency Department. We are available 24 hours a day.

Waaxda adeegga Deg-degga ayaa waxaa kugu daweeyey:
You were treated in the Emergency Department by:

Dhakhtarkaaga Koowaad: Colin Kaide, MD
Primary Provider:

Dhakhtar bixiyahaaga Labbaad: George Bailey, MD
Secondary Provider:

Ogaanshaha nooca Cudurkaaga:
Your Diagnosis:

Chest Pain of Unclear Etiology

Tilmaamahan Soo Socda Ayaa Maanta Laguu Xuley:
The Following Instructions Were Selected for You Today:

Xanuunka Laabta ee Sabab aan Caddayn
Chest Pain of Unclear Etiology

Xanuunka Laabta ee Sabab aan Caddayn	Chest Pain of Unclear Etiology
1. Waxa lagugu arkay xanuun laabta ah. Sababta xanuunka wali lama ogaan.	1. You have been seen for chest pain. The cause of your pain is not yet known.
2. Dhakhtarkaagu wuxuu wax ka bartay taariikhdaada caafimaad, ku baadhay, hubiyeyna wixii tijaabooyin la sameeyey. Wali, ma cadda waxaad la xanuusanayso. Dhakhtarku wuxuu u malaynayaa inuu jiro kaliya fursad aad u yar in xanuunkaaga ay keentay xaalad khatar ahi. Marka dambe, dhakhtarkaaga koowaad ayaa samayn kara tijaabooyin dheeraad ah ama ku hubin kara markale.	2. Your doctor has learned about your medical history, examined you, and checked any tests that were done. Still, it is unclear why you are having pain. The doctor thinks there is only a very small chance that your pain is caused by a life-threatening condition. Later, your primary care doctor might do more tests or check you again.

3. Marmarka qaar laab xanuunka waxa sababa xaalad khatar ah, sida wadne xanuun, dhaawac oortaha ah, xinjir dhiig oo sambabka gashay, ama sambab isku dumay. Waxay u dhaw dahay in xanuunkaaga aanay sababin xaalad khatar ahi haddii: Xanuunka laabtaadu uu jiro kaliya dhawr ilbidhiqsi markiiba; aanu naqasku kugu dhaganayn, yalaalugoonayso (xanuun ka jira calooshaada), dhididsan tahay, wareersan tahay; xanuunkaagu kasii daro marka aad dib eego ama foororsato.

4. Laab xanuunku waa khatar. Waxa AAD U MUHIIM AH inaad la socodsiiso khakhtarkaaga joogtada ah oo aad ka raadiso daryeel caafimaad halkan isla markaasba ama Waaxda Gurmadka ugu dhaw haddii astaamahaagu kasii daraan ama isbeddelaan.

5. WAA INAAD UGU RAADISAA DARYEELKA CAAFIMAAD ILMAHAAGA SI DHAKHSO AH, HA NOQOTO HALKAN AMA WAAXDA GURMADKA EE UGU DHAW, HADDII WAX KAMID AH WAXA SOO SOCDAA DHACO:

* Xanuunkaagu ayaa kasii daray.
* Xanuunkaaga ayaa kaa dhigay in naqasku kugu dhago, yalaalugooto, ama dhididdo.
* Xanuunkaagu ayaa kasii daraya marka aad lugayso, dabaq sare korto, ama is-caabido.
* Waxaad dareentaa daciif, wareer, ama miyir-beel.
* Waxa ku dhaawacaya neefsiga.
* Lugahaagu waa bararsan yihiin.
* Astaamahaagu waa kasii darayaan ama waxaad leedahay astaamo iyo tabashooyin cusub.

3. Sometimes chest pain is caused by a dangerous condition, like a heart attack, aorta injury, blood clot in the lung, or collapsed lung. It is unlikely that your pain is caused by a life-threatening condition if: Your chest pain lasts only a few seconds at a time; you are not short of breath, nauseated (sick to your stomach), sweaty, or lightheaded; your pain gets worse when you twist or bend; your pain improves with exercise or hard work.

4. Chest pain is serious. It is VERY IMPORTANT that you follow up with your regular doctor and seek medical attention immediately here or at the nearest Emergency Department if your symptoms become worse or they change.

5. YOU SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY, EITHER HERE OR AT THE NEAREST EMERGENCY DEPARTMENT, IF ANY OF THE FOLLOWING OCCURS:

* Your pain gets worse.
* Your pain makes you short of breath, nauseated, or sweaty.
* Your pain gets worse when you walk, go up stairs, or exert yourself.
* You feel weak, lightheaded, or faint.
* It hurts to breathe.
* Your leg swells.
* Your symptoms get worse or you have new symptoms or concerns.

Maxay Tahay waxa la Sameynaayo?
What To Do:

- Warqaddan horey uqaado goorta aad tagayso booqashadaada la socodka dhakhtarka.
  Take this sheet with you when you go to your follow-up visit.
- Haddii aad la kulanto wax dhibaato ah oo ku saabsan in dhakhtar aad ula xiriirto, markiiba la soo xiriir Waaxda adeegga Deg-degga.
  If you have any problem arranging the follow-up visit, contact the Emergency Department immediately.
- Dawooyinka sida laguugu qorey uqaado.
  Take all medications as directed.

Baaritaanka Waaxda adeegga Deg-degga ay Qabatey:
Studies Done in the Emergency Department:

TIJAABOOYINKA SHAYBAARKA:
LAB TESTS:
CPK MB Normal

TIJAABADA RAAJO BAARISTA:
RADIOLOGY TESTS:
Chest X-Ray Normal

TIJAABOOYINKA EKG:
EKG TESTS:
12 Lead EKG Normal

TIJAABOYINKA NEEF MAREENKA:
RESPIRATORY TESTS:
None

Dhakhtarka qolka adeegga deg-degga ayaa isla meesha kuugu micneeyey natiijada tijaabadaada Raajada iyo/ama EKG. Dhakhtarka takhasuska u leh ayaa tarjumaadka kama damebeyska ee tijaabadan ku siinaya. Haddii loo baahdo in badel lagu sameeyo ogaanshaha nooca cudurkaaga ama daaweyn loo baahdo, inaga ayaa kula soo xiriiri doona. Waxaa muhiim ah in aan kaa hayno telfoon lambarkaaga iminka.

The emergency physician provided an on-the-spot interpretation of your X-rays and/or EKG. A specialist will do a final interpretation of these tests. If a change in your diagnosis or treatment is needed, we will contact you. It is critical that we have a current phone number for you.

- Raajadaada ka qaado qeybta Raajo barista ka hor inta aaddan tagin ballan dhakhtarka.
  Pick up your X-rays in Radiology before your follow-up appointment.

- Tijaabooyinka baaritaanada 48 saacadood ayay qaataan. Natiijooyinkaaga waxaa la siin doonaa dhakhtarka aad tagto. Waaxda adeegga Deg-degga ayaa kula soo xiriiri doona haddii natiijooyinkaaga ubaahdaan in daweyntaada isbadel lagu sameeyo.
  Culture results take 48 hours. Your results will be given to the follow-up doctor. The Emergency Department will contact you if the results require a change in your treatment.

Macluumaad Dheeraad ah ama Tilmaamo:
Additional Information or Instructions:

Dawooyinka la iska Siiyey Waaxda adeegga Deg-degga:
Medications Given in the Emergency Department:
Tylenol, Mylanta

Dawooyinka lagaga Qorey Waaxda adeegga Deg-degga:
Prescriptions Given in the Emergency Department:
None

Dawooyinka aan La'isu Qorin ee Lagulataliyay:
Non-Prescription Medications Recommended:
Mylanta

Haddii daawa ay la timaado waxyeelada dambe, sida nabro yaryar, neefsashada dhib kugu noqoto, ama calool xanuun daran,jooji daawada oo dhakhtarkaaga wac ama aad Waaxda adeegga Deg-degga.
If side effects develop, such as a rash, difficulty breathing, or a severe upset stomach, stop the medication and call your doctor or the Emergency Department.

Anigu, Kelly Smith, gartey tilaamaha la i siiyay oo aniga ayaa ballan u sameysan doona dhakhtar daba gal oo daryeel u doonan doona.
I, Kelly Smith, understand the instructions and will arrange for follow-up care.

<PTSig>	<RepSig>	<StaffSig>
SAXIIXA BUKAAN-SOCODKA: PATIENT SIGNATURE	SAXIIXA WAKIILKA REPRESENTATIVE SIGNATURE	SAXIIXA SHAQAALAHA STAFF SIGNATURE