

## Discharge Instructions

1050 Memorial Drive | PHONE 208-529-4352  
Idaho Falls, Idaho | CRISIS 208-235-2412  
8 3 4 0 2 | FREE 866-342-2483

Health care facility where exam was conducted: \_\_\_\_\_ SANE \_\_\_\_\_

You have been through a very terrible event, both physically and emotionally. You have had a detailed examination to identify and treat any existing or possible health problems to collect and save physical evidence for the legal authorities. The SANE can only provide initial care, so it is very important for you to follow these instructions.

You  have  have not been tested for pregnancy and your test was:  NEGATIVE  POSITIVE

You  have  have not been given pregnancy prophylaxis: \_\_\_\_\_

- Plan B can cause nausea and/or vomiting, breast swelling and tenderness and vaginal spotting.
- you should follow up for pregnancy testing in 2 weeks if you did not take emergency contraception today or if you miss your next period.

You  have  have not been TESTED for the following sexually transmitted infections (STI's): gonorrhea, chlamydia, trichomonas, and syphilis

- The results of these tests can be obtained from the Medical Records Department at: EIRMC: (619) 695-8700  
Madison: (208) 359-6538 IFCH (208) 258-1000
- If testing was not done, you can go to the Public Health Department (District 7) to get these labs drawn.

You  have  have not been TREATED for the following Sexually Transmitted Infections:

- Chlamydia and Syphilis: Azithromycin 1-gram by mouth once
  - If allergic to Azithromycin; Doxycycline 100 mg twice daily for 10 days
- Gonorrhea: Rocephin 500 mg IM once
- Trichomoniasis: Flagyl 2 gram by mouth once
  - Do not drink alcohol or products with alcohol (like cough syrup) for at least 3 days if you were given Flagyl, it will make you vomit.

It is recommended that you follow up in 2 weeks with your own private physician/OB/GYN. Please, take this form with you to the appointment so the Provider is aware of the testing and medications that have already been administered.

Consider using a condom for intercourse for up to 3 months. This will prevent any potential partners from acquiring a sexually transmitted infection.

**A staff member from The Domestic Violence and Sexual Assault Center will contact you with the next 72 hours.** Their staff has been specifically trained to help with crisis counseling and referral to private counseling along with support groups and community assistance. **Their number is 208-529-4352 and their 24-hour crisis line is 208-235-2412.**

**Danger Signals:** If you have any further concerns or your condition worsens in anyway, please see your doctor or go the Emergency Department for further evaluation and treatment:

- You develop any new symptoms such as abdominal pain, nausea, or vomiting.
- You develop a fever greater than 100.5 F or 38 C
- You have pain, discharge or sores around your genital area

Anal Trauma: Increase your dietary fiber and water intake. Warm sitz baths, 10 to 15 min, can relax the anal sphincter and improve blood flow and healing. Avoid soaps and bubble baths. If you have blood clots or the toilet fills with blood return to the ER for evaluation.