



You were at the Emergency Room (ER) of Beatrix Hospital in Gorinchem today. This flyer contains additional information for your treatment.

### **Pain relief**

You can and may use the following painkillers:

- Paracetamol 2 tablets/suppositories 4 times a day 500 mg
- Diclofenac 3 times a day 50 mg or ibuprofen 3 times a day 400 mg
- Pantozol (stomach protector) when using diclofenac or ibuprofen.
- Tramadol 3 times a day 50 mg
- Movicolon for a soft stool
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### **Reducing the pain killers**

For two to three days after your visit to the Emergency Room, take the specified amount of painkillers. If you continue to have pain after that, you can continue to take the medication indicated. When the pain subsides, you can reduce the painkillers. First reduce the ibuprofen, diclofenac or tramadol. Continue to take 2 tablets of paracetamol 4 times a day, so also while reducing the other painkillers.

If you no longer take any diclofenac, ibuprofen or tramadol, you can reduce the paracetamol.

### When should I seek medical attention?

If you develop the following symptoms, you can contact the Emergency Room at tel. (0183) 64 44 11:

- Severe nausea and/or vomiting
- Unable to eat and/or drink
- Severe abdominal pain
- Severe tightness of the chest
- Chest pain
- Drowsiness or not easily responsive
- High fever (or fever that does not diminish with antibiotics after 24-48 hours)
- Signs of inflammation in wounds (fever, redness, swelling, pain)
- Increased pain in the cast for which your painkiller is ineffective or insufficient
- Other complaints you do not trust
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### Other things to keep in mind:

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### Information about your illness

The Beatrix Hospital website provides information about your illness and treatment. Go to [www.rivas.nl](http://www.rivas.nl) for all the information. Click on [www.rivas.nl](http://www.rivas.nl) for all the information.

### Follow-up appointment

If necessary, you will be called by the appointment office of Beatrix Hospital for an outpatient follow-up appointment. If you have to make an appointment yourself (this will be discussed with you by your doctor or the nurse), please call Rivas Zorglijn 0900-8440 and ask for the relevant outpatient clinic.

### Questions

If you still have any questions, please ask your treating physician or call the nurse at the Emergency Room at tel. (0183) 64 44 11. The Emergency Room of Beatrix Hospital is open 24 hours a day, 7 days a week.

### Patient satisfaction survey

We would like to draw your attention to a survey on patient satisfaction at Beatrix Hospital. We would appreciate your participation in this survey. It takes about ten minutes to complete and is anonymous. The survey can be found at [www.responsnet.nl](http://www.responsnet.nl). Enter the response code 'spoed123' and double click on 'start survey'. If you have questions about this survey, please send an e-mail to [patienttevredenheid@rivas.nl](mailto:patienttevredenheid@rivas.nl).