

Maine Medical Partners Kidney Stone Center Follow Up

- If you have a renal stone patient with a clearly documented stone (imaging in the past 6months preferred) please refer them to the MMP Stone Center. (*Not for undifferentiated flank pain*)
- To do this, in the “follow up section” type “MMP stone” and then select the stone center clinical support option (little person icon, not the building).
- This referral will go directly to the stone center support staff, they will then triage on their end. They will set up an appointment with urology if pain is still an issue or set up a formal stone work up with Nephrology after pain issues have resolved. According to Nephrology, they predict their interventions will reduce stone production by ~50%....
- In the instructions section please type “MMP Stone”, this will provide the patient with well vetted follow up instructions.

Samir Haydar, D.O. 3/2014

Kidney Stone Follow Up Message to IB and Discharge Instructions

- Once Physician fills out the Follow-up documentation and selects the MMP Kidney Stone Program an Inbasket Message will be triggered.
 - CC'd Charts Folder will appear in your inbasket.
 - MMP Kidney message will fall to the people assigned to the MMP Urology Triage Pool.

CC'd Charts 0 unread, 6 total

Status	Visit	Patient	Chief Complaint	Encounter Type	Enc Provider	Enc Department	Open?
Read	01/21/2014	Test, Travis		Hospital Encounter		Emergency Medicine	Open
Read	01/08/2014	Asap, Bpa Seven		Hospital Encounter		Emergency Medicine	Open
Pend	01/08/2014	Asap, Bpa Four		Hospital Encounter		Emergency Medicine	Open
Pend	01/08/2014	Asap, Bpa One		Hospital Encounter		Emergency Medicine	Open
Read	01/08/2014	Asap, Bpa Five		Hospital Encounter		Emergency Medicine	Open
Read	12/10/2013	Test, Bill		Hospital Encounter		Emergency Medicine	Open

ED Disposition
Discharged Bill Test discharge to home/self care.
 Condition at discharge: Stable

Routing History

Recipient	Method	User	Date
Support, Mmp Kidney Stone Program Clinical	In Basket	Test_Mmc_Earnshaw, Mark D, MD Letter: Report only	1/22/2014
Ho, Jane, MD	In Basket	Test_Mmc_Earnshaw, Mark D, MD	1/22/2014

Kidney Stone - MMP Specific Discharge Instructions

Follow-Up

Follow-Up With: [Details] [Comm]

+ New + PCP + ED + Care Team

With: Search: [] Other: []

Contact info: []

How: Call Make appointment

When: 0 Days Weeks Months Date 1/28/2014

Comments: [] As needed If symptoms worsen

Restore Close F9

Orders
 Select/Release Sign and Held Orders Select Pended Orders

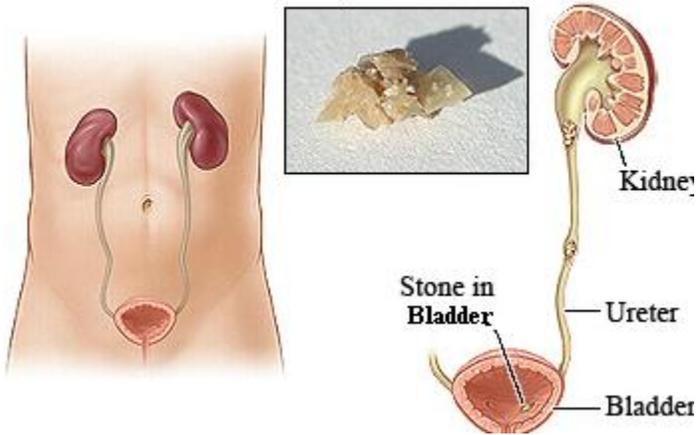
ED Discharge Orders
 None

Discharge Instructions
 Go to References/Attachments

Suggested Discharge Instructions:
 ED MMP KIDNEY STONE PREVENTION DISCHARGE INSTRUCTIONS MAINEHEALTH
 KIDNEY STONE (SPANISH)
 KIDNEY STONE : PEDIATRIC (SPANISH)

Kidney Stone: After Your Visit

Your Care Instructions



Kidney stones are formed when minerals and other substances normally found in the urine clump together. When the stone is traveling through the ureter, which is the tube that carries urine from the kidney to the bladder, you will probably feel pain. The pain may be mild or very severe. You may also have some blood in your urine. When the stone reaches the bladder, the intense pain should go away.

If a stone is too large to pass on its own, you may need a procedure by a kidney surgeon (called a urologist) to help you pass the stone.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away**.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It is also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Drink plenty of water, enough so that your urine is light yellow or clear. If you have kidney, heart, or liver disease and have to limit your fluids, talk with your doctor before you increase the amount of water you drink.
- Take pain medicines exactly as directed. Call your doctor if you think you are having a problem with your medicine.
- If your doctor gave you a prescription medicine or pain, take it as prescribed. If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine. Read and follow all instructions on the label.
- Your doctor may ask you to strain your urine so that you can collect your kidney stone when it passes. You can use a kitchen strainer or a tea strainer to catch the stone. Store it in a plastic bag until you see your doctor again.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You cannot keep down fluid
- Your pain gets worse
- You have a fever or chills
- You have new or worse pain in your back just below your rib cage (the flank area)

Kidney Stone Follow Up Message to IB and Discharge Instructions

- You have new or more blood in the urine
- **Or if you do not get better as expected!**

Medications and surgery for kidney stone removal

Sometimes when kidney stones do not pass on their own, surgical kidney doctors (urologists) may prescribe medications to help a kidney stone pass. Sometimes urologists may need to remove a kidney stone with an operation or another procedure. Urologists sometimes may recommend removing very large kidney stones that are not causing pain to avoid painful or dangerous events from happening in the future.

There are urologists specializing in kidney stone passage and removal at MMP Urology. They can be contacted at (207) 773-1728.

Please call (207) 773-1728 during business hours in the next couple of days following your visit to schedule an appointment to be seen within the next couple of weeks.

The Emergency Physician may have arranged for a follow up visit with our MMP Urology group, in that case we will call you within a few days to schedule a follow up appointment.

We will do our best too see you as soon as possible.

Preventing future kidney stones

Kidney stones can be prevented with lifestyle and dietary changes. In some people, medications are also used to prevent kidney stones. There are many different types of kidney stones and many different chemicals in the urine that affect kidney stone formation. For this reason, it is important to know your kidney stone type (if possible) and to get a 24-hour urine collection BEFORE making a kidney stone prevention plan.

Kidney doctors (nephrologists) are available to help you make an effective plan to prevent kidney stones. For more information about kidney stone prevention, please contact the MMP Kidney Stone Prevention program at (207) 661-7311.

The Emergency Physician may have arranged for a follow up visit with our MMP Kidney Stone Prevention Program, in that case we will call you within few days to schedule a follow up appointment.