

Healthwise Patient Instructions are patient discharge and take-home summaries that provide patients with educational, in-depth health information immediately following care. This release of Healthwise Patient Instructions includes new and updated Patient Instructions topics.

All information has been verified for medical accuracy, and new medical information has been added where appropriate. Healthwise internal and external reviewers include specialists, associate medical directors, medical content specialists, medical editors, medical writers, and associate editors.

Format change to the Patient Instruction titles: In response to a request from clients, we now list the clinical title along with the consumer title for each Patient Instruction. The new format is Clinical Title [Consumer Title] (HWID).

New Patient Instructions

This release includes these new Healthwise Patient Instructions.

- **ADHD: Teens | General Info** [Learning About ADHD in Teens] (abs0900)
- **Adrenal Insufficiency: Secondary** [Secondary Adrenal Insufficiency: Care Instructions] (abr9667)
- **Alcohol Use Disorder | General Info** [Learning About Alcohol Misuse] (abr9901)
- **Arterial Line | General Info** [Learning About an Arterial Line] (abr9761)
- **Assistive Devices | General Info** [Learning About Assistive Devices] (abr9091)
- **Bedbugs** [Bedbugs: Care Instructions] (abr9622)
- **Calorie Restriction | General Info** [Learning About Cutting Calories] (abr9956)
- **Cannabis Use Disorder | General Info** [Learning About Cannabis Use Disorder] (abr9729)
- **Cardiovascular Disorder Screening | General Info** [Learning About Screening for Heart Attack and Stroke Risk] (abr9326)
- **Certified Diabetes Educator Referral | General Info** [Learning About Certified Diabetes Educators] (abr8783)
- **Cervical Cerclage | Post-op** [Cervical Cerclage to Prevent Preterm Delivery: What to Expect at Home] (abr8253)
- **Cervical Cerclage | Pre-op** [Cervical Cerclage to Prevent Preterm Delivery: Before Your Procedure] (abr8247)
- **Chemotherapy: Side Effects and Safety | General Info** [Learning About Chemotherapy Side Effects and Safety] (abr9312)
- **Dementia Symptoms | General Info** [Learning About the Symptoms of Dementia] (abs0894)
- **Depression Screening | General Info** [Learning About Depression Screening] (abr9554)
- **Diabetes Diet Meal Planning | General Info** [Learning About Meal Planning for Diabetes] (abr8924)
- **Domestic Abuse | General Info** [Learning About Domestic Abuse] (abr9735)
- **Echocardiogram: Transesophageal | Post-op** [Transesophageal Echocardiogram: What to Expect at Home] (abr9338)
- **Esophagitis** [Esophagitis: Care Instructions] (abr9842)
- **Hand-Washing | General Info** [Learning About Hand-Washing] (abs1442)
- **Helicobacter Pylori Tests** [H. Pylori: About This Test] (abr9827)
- **Heparin-Induced Thrombocytopenia | General Info** [Learning About Heparin-Induced Thrombocytopenia (HIT)] (abr9773)
- **Hip Surgery: Post-op Initial Rehab | Exercises** [Hip Surgery: Rehab Exercises] (abr9551)
- **Incidental Findings | General Info** [Learning About Incidental Findings on Imaging Tests] (abr9877)
- **Left Ventricular Hypertrophy | General Info** [Learning About Left Ventricular Hypertrophy (LVH)] (abr9384)
- **Lichen Simplex Chronicus** [Lichen Simplex Chronicus: Care Instructions] (abr8545)
- **Low-Carbohydrate Diet for Weight Loss | General Info** [Learning About Low-Carbohydrate Diets for Weight Loss] (abr9945)

- **Movement Disorders | Exercises** [Movement Disorders: Exercises] (abr9696)
- **Neonatal Conjunctivitis: Pediatric | General Info** [Learning About Newborn Conjunctivitis] (abr9939)
- **Neuroleptic Malignant Syndrome | General Info** [Learning About Neuroleptic Malignant Syndrome (NMS)] (abr8653)
- **Newborn Vitamins | General Info** [Learning About Liquid Vitamins for Newborns] (abr9529)
- **Opioid Overdose: Naloxone | General Info** [Learning About Naloxone for Opioid Overdose] (abs1167)
- **Opioid Use Disorder: Medication-Assisted Treatment | General Info** [Learning About Medication-Assisted Treatment for Opioid Use Disorder] (abs1068)
- **Opioid Withdrawal** [Opioid Withdrawal: Care Instructions] (abr9593)
- **Osteopenia | General Info** [Learning About Osteopenia] (abr8641)
- **Pain Management: Opioid Dependence History | General Info** [Learning About Pain Control When You Have a History of Opioid Dependence] (abs1133)
- **Pain Scale | General Info** [Learning About the 0-to-10 Pain Scale] (abs0043)
- **Pericardial Effusion: Pericardial Window | General Info** [Learning About Surgery for Pericardial Effusion] (abr9819)
- **Pericardial Effusion | General Info** [Learning About Pericardial Effusion] (abr9813)
- **Pericardiocentesis | General Info** [Learning About Pericardiocentesis] (abr9823)
- **Posterior Hip Replacement: Sex Resumption | General Info** [Learning About Sex After Hip Replacement Surgery] (abr8691)
- **Pregnancy: Opioids** [Learning About Taking Opioids During Pregnancy] (abr9684)
- **Pregnancy: Quitting Smoking** [Learning About Pregnancy and Smoking] (abr9534)
- **Pseudobulbar Affect (PBA) | General Info** [Learning About Pseudobulbar Affect (PBA)] (abr9372)
- **Rectal Prolapse** [Rectal Prolapse: Care Instructions] (abr9675)
- **Serum Sickness** [Serum Sickness: Care Instructions] (abs1139)
- **Sesamoid Injury** [Sesamoid Injury: Care Instructions] (abr8315)
- **Statins: Diabetes | General Info** [Learning About Statins for People with Diabetes] (abr9951)
- **Strangulation** [Strangulation Injury: Care Instructions] (abs1207)
- **Stress Fracture: Tibia or Fibula** [Lower Leg Stress Fracture: Care Instructions] (abr9106)
- **Stroke: Long-Term Care Centers | General Info** [Learning About Long-Term Care for Stroke] (abr9056)
- **Tetanus | General Info** [Learning About Tetanus] (abr9868)
- **TIG: Tetanus** [TIG Injections for Tetanus: Care Instructions] (abs0083)
- **Transfers: Bathtub | General Info** [Learning About Getting In and Out of a Bathtub Safely] (abr9147)
- **Transfers: Car | General Info** [Learning About Getting In and Out of a Car Safely] (abr9153)
- **TURP: Laser | Post-op** [Laser Transurethral Resection of the Prostate (TURP): What to Expect at Home] (abr9175)
- **TURP: Laser | Pre-op** [Laser Transurethral Resection of the Prostate (TURP): Before Your Surgery] (abr9169)
- **Withdrawal: Benzodiazepine** [Planning to Stop Taking Benzodiazepine: Care Instructions] (abr9185)

Anatomy Sketches

Anatomy sketches are full-page, black-and-white visual aids developed to bridge client-clinician communication at the point of care. They are broad enough to be applicable to multiple conditions and have plenty of white space, making it easy to draw over and add patient-specific notes.

- **Adenoids | Anatomy Sketch** [The Adenoids: Anatomy Sketch] (abs1403)
- **Appendix | Anatomy Sketch** [Appendix: Anatomy Sketch] (abs1399)
- **Arm: Long Bones | Anatomy Sketch** [Bones of the Arm: Anatomy Sketch] (abs1397)
- **Breast | Anatomy Sketch** [The Breast: Anatomy Sketch] (abs1375)
- **Ear | Anatomy Sketch** [The Ear: Anatomy Sketch] (abs1383)
- **Elbow and Attached Long Bones | Anatomy Sketch** [The Elbow and Attached Bones: Anatomy Sketch] (abs1321)
- **Eye: Internal | Anatomy Sketch** [The Eye: Anatomy Sketch] (abs1407)
- **Female GYN Anatomy: Front View | Anatomy Sketch** [Female Reproductive Organs, Front View: Anatomy Sketch] (abs1355)
- **Female GYN Anatomy: Side View | Anatomy Sketch** [Female Reproductive Organs, Side View: Anatomy Sketch] (abs1393)
- **Foot Bones | Anatomy Sketch** [Bones of the Foot: Anatomy Sketch] (abs1367)
- **Gallbladder and Liver | Anatomy Sketch** [Gallbladder and Liver: Anatomy Sketch] (abs1361)

- **Growth Plates | Anatomy Sketch** [Growth Plates: Anatomy Sketch] (abs1147)
- **GI Tract: Lower | Anatomy Sketch** [Lower Digestive Tract: Anatomy Sketch] (abs1351)
- **GI Tract: Upper | Anatomy Sketch** [Upper Digestive Tract: Anatomy Sketch] (abs1353)
- **Hand Bones | Anatomy Sketch** [Bones of the Hand: Anatomy Sketch] (abs1317)
- **Heart: External View, Arteries | Anatomy Sketch** [External View of the Heart: Anatomy Sketch] (abs1349)
- **Heart, Internal View: Atria and Ventricles | Anatomy Sketch** [The Heart: Anatomy Sketch] (abs1301)
- **Heart: Pacemaker | Anatomy Sketch** [Heart and Pacemaker: Anatomy Sketch] (abs1365)
- **Hip Joint | Anatomy Sketch** [The Hip Joint: Anatomy Sketch] (abs1411)
- **Knee Joint | Anatomy Sketch** [The Knee Joint: Anatomy Sketch] (abs1381)
- **Leg: Long Bones | Anatomy Sketch** [Bones of the Leg: Anatomy Sketch] (abs1363)
- **Male GU Anatomy | Anatomy Sketch** [Male Reproductive Organs: Anatomy Sketch] (abs1391)
- **Nail and Nail Bed | Anatomy Sketch** [Nail and Nail Bed: Anatomy Sketch] (abs1315)
- **Respiratory System: Alveoli | Anatomy Sketch** [Alveoli in the Lungs: Anatomy Sketch] (abs1377)
- **Respiratory System | Anatomy Sketch** [The Respiratory System: Anatomy Sketch] (abs1379)
- **Urinary Tract: Female | Anatomy Sketch** [Female Urinary Tract: Anatomy Sketch] (abs1313)
- **Urinary Tract: Male | Anatomy Sketch** [Male Urinary Tract: Anatomy Sketch] (abs1311)
- **Shoulder Joint | Anatomy Sketch** [The Shoulder Joint: Anatomy Sketch] (abs1409)
- **Sinuses | Anatomy Sketch** [The Sinuses: Anatomy Sketch] (abs1405)
- **Spine | Anatomy Sketch** [The Spine: Anatomy Sketch] (abs1357)
- **Thyroid Gland | Anatomy Sketch** [Thyroid Gland: Anatomy Sketch] (abs1359)
- **Tonsils | Anatomy Sketch** [The Tonsils: Anatomy Sketch] (abs1401)

CDC Vaccine Information Statements

CDC Vaccine Information Statements (VIS) support Healthwise Patient Instructions. We include CDC VIS updates as they become available.

We replaced the previous versions of these vaccine information statements with the latest versions provided by the CDC:

- **HPV (Human Papillomavirus) Vaccine: VIS** [HPV (Human Papillomavirus) Vaccine: What You Need to Know] (cdc30)
- **Pneumococcal Polysaccharide Vaccine (PPSV23): VIS** [Pneumococcal Polysaccharide Vaccine: What You Need to Know] (cdc11)
- **Serogroup B Meningococcal Vaccine: VIS** [Serogroup B Meningococcal Vaccine (MenB): What You Need to Know] (cdc31)

Patient Instructions With Medical Revisions

We continually monitor changes in medicine to ensure our Patient Instructions are accurate and up-to-date. In the following documents we made medically significant revisions, added new medical information, or removed outdated medical information. While medically significant changes are listed here, documents that have minor revisions, such as editorial or consistency changes, are not listed. Refer to Tech Docs for the complete list of updated documents.

- **Arthritis** [Arthritis: Care Instructions] (uf7548): We added tai chi to the types of exercises that are less stressful on the joints.
- **Biventricular Pacemaker | Post-op** [Pacemaker Placement for Heart Failure: What to Expect at Home] (abr8025): We added the instruction to call your doctor if you feel or hear an alarm from the pacemaker.
- **Bradycardia Pacemaker | Post-op** [Pacemaker Placement: What to Expect at Home] (ud2553): We added the instruction to call your doctor if you feel or hear an alarm from the pacemaker.
- **Candida Dermatitis** [Yeast Skin Infection: Care Instructions] (abr3878): We added a new image.
- **Diabetes: Insulin Pens | General Info** [Learning About Insulin Pens] (abk6153): We added information about using disposable and reusable insulin pens.
- **Heart Failure: Medicines** [Medicines for Heart Failure] (uf7521): We added information about angiotensin receptor neprilysin inhibitor (ARNI) medicine.
- **Heroin Use and Withdrawal | General Info** [Learning About Heroin Use and Withdrawal] (abr2845): We added the term "opioid" as well as examples of opioids.

- **ICD (Implantable Cardioverter-Defibrillator) | Post-op** [Implantable Cardioverter-Defibrillator Placement: What to Expect at Home] (ud2567): We added the instruction to call your doctor if you feel or hear an alarm from the ICD.
- **Osteoarthritis** [Osteoarthritis: Care Instructions] (ut2309): We added tai chi to the examples of exercises that are gentle on the joints.
- **Prostate Cancer: Radiation or Surgery | Deciding About** [Deciding Between Radiation and Surgery for Localized Prostate Cancer] (ug5608): We revised what we say about a man's options with this decision, updated the key points based on the evidence from recent studies, revised what is said about why a man might choose either option, and added more specific information on making a good decision.
- **Splint or Immobilizer Use** [Wearing a Splint: Care Instruction] (abq3952): We updated this topic to include skin care information.
- **Stroke Rehabilitation: General Info** [Learning About Stroke Rehabilitation] (zc1699): We added information about the roles of members of a stroke rehab team.
- **TURP | General Info** [Learning About Transurethral Resection of the Prostate (TURP)] (zc2623): We updated this topic with information about laser TURP.
- **TURP | Post-op** [Transurethral Resection of the Prostate (TURP): What to Expect at Home] (zc2627): We revised the anatomy content in the introduction to make it easier to understand.
- **TURP | Pre-op** [Transurethral Resection of the Prostate (TURP): Before Your Surgery] (zc2631): We revised the anatomy content in the introduction to make it easier to understand and added sperm-banking information to What happens before surgery? under Preparing for surgery.
- **Ultrasound, Abnormal Fetal | General Info** [Learning About Fetal Ultrasound Results] (abq4471): We added information about subchorionic hemorrhage as a possible ultrasound result.
- **Zika Virus | General Info** [Learning About Zika Virus] (abr6771): We expanded the information on sexual transmission of the virus and updated the CDC recommendations about how long to avoid sex or use condoms to prevent transmission. We added that if a person is infected with the Zika virus, he or she has a small risk of developing Guillain-Barré syndrome.

Antibiotic or antibacterial soap: In documents where the terms "antibacterial soap" or "antibiotic soap" were used, we now say "soap" or "soap and water" or "soapy water" or "an antiseptic soap." This revision was made to make our content consistent with the recent FDA rule that there isn't enough evidence to show that OTC antibacterial soaps are better at preventing illness than washing with plain soap and water.

Concussion: In the following documents, we added that doctors and concussion specialists suggest steps to follow for returning to sports after a concussion. In most places, your doctor must give you written permission for your child to begin the steps and return to sports.

- **Acute Concussion** [Concussion: Care Instructions] (uf7532)
- **Acute Concussion | Pediatric** [Concussion in Children: Care Instructions] (uf10285)
- **Concussion: Returning to Activity | Pediatric** [Returning to Activity After a Childhood Concussion: Care Instructions] (abk6193)

Opioids: In documents where the terms "narcotic" or "opiate" were used, we now use the term "opioid." This revision was made to make our content consistent with the language used in CDC guidelines.

Patient Instruction Title Changes and Replacements

Title changes

- Advance Care Planning: Medical Power of Attorney | General Info [Learning About Medical Power of Attorney] is now titled **Advance Care Planning: Durable Power of Attorney for Health Care | General Info** [Learning About Durable Power of Attorney for Health Care] (zx4035).
- Breast Cancer: Screening [Breast Cancer Screening: Care Instructions] is now titled **Breast Cancer: Screening | General Info** [Learning About Breast Cancer Screening] (uf8445).
- Central Venous Catheter: Dressing Change | Post-op [Care for Your Central Venous Catheter: Changing the Dressing] is now titled **Central Venous Catheter: Dressing Change | General Info** [Learning About Your Central Venous Catheter: Changing the Dressing] (ug3444).
- Central Venous Catheter: Flushing the Line and Changing the Cap | Post-op [Care for Your Central Venous Catheter: Flushing the Line and Changing the Cap] is now titled **Central Venous Catheter: Flushing the Line**

and Changing the Cap | General Info [Learning About Your Central Venous Catheter: Flushing the Line and Changing the Cap] (ug3596).

- **Clavicular Fracture in Newborns** [Learning About Clavicular Fracture in Newborns] is now titled **Broken Collarbone in Newborns** Learning About a Broken Collarbone in Newborns (abp9017)
- **Drug Overdose: Opiate** [Opiate Overdose: Care Instructions] is now titled **Drug Overdose: Opioid** [Opioid Overdose: Care Instructions] (abo8977).
- **Drug Overdose: Opiate Teen** [Opiate Overdose in Teens: Care Instructions] is now titled **Drug Overdose: Opioid | Teen** [Opioid Overdose in Teens: Care Instructions] (abo8981).
- **Hip Replacement (Anterior): Precautions | Post-op** [Hip Replacement Surgery (Anterior): What to Expect at Home] is now titled **Hip Replacement (Anterior) | Post-op** [Hip Replacement Surgery (Anterior): What to Expect at Home] (abr7784).
- **Hip Replacement Surgery | Post-op** [Hip Replacement Surgery: What to Expect at Home] is now titled **Hip Replacement (Posterior) | Post-op** [Hip Replacement Surgery (Posterior): What to Expect at Home] (ug3869).
- **Lumbar Stenosis** [Lumbar Stenosis: Care Instructions] is now titled **Lumbar Spinal Stenosis** [Lumbar Spinal Stenosis: Care Instructions] (uh5196).
- **Mediterranean Diet** [Mediterranean Diet: Care Instructions] is now titled **Mediterranean Diet | General Info** [Learning About the Mediterranean Diet] (abn0335).
- **Opiates: Chronic Pain (Prescribing) | General Info** [Learning About Prescribed Opiate Medicine for Chronic Pain] is now titled **Opioids: Chronic Pain (Prescribing) | General Info** [Learning About Prescribed Opioid Medicine for Chronic Pain] (abr2957).
- **Opiates: Disposal | General Info** [Learning About Safely Getting Rid of Opiate Pills and Patches] is now titled **Opioids: Disposal | General Info** [Learning About Safely Getting Rid of Opioid Pills and Patches] (abr2839).
- **Opiates | General Info** [Learning About Opiates] is now titled **Opioids | General Info** [Learning about Opioids] (abl2580).
- **Opiates, Long-Acting: Safe Use | General Info** [Learning About Safe Use of Long-Acting Opiates] is now titled **Opioids, Long-Acting: Safe Use | General Info** [Learning About Safe Use of Long-Acting Opioids] (abo7821).
- **Opiates: Safe Use** [Safe Use of Opiate Pain Medicine: Care Instructions] is now titled **Opioids: Safe Use** [Safe Use of Opioid Pain Medicine: Care Instructions] (abo6022).
- **Posterior Hip Replacement: Sex Resumption | General Info** [Learning About Sex After Hip Replacement Surgery] is now titled **Hip Replacement (Posterior): Sex Resumption | General Info** [Learning About Sex After Hip Replacement Surgery] (abr8691).
- **Spinal Stenosis** [Spinal Stenosis: Care Instructions] is now titled **Cervical Spinal Stenosis** [Cervical Spinal Stenosis: Care Instructions] (uf85460).
- **Stroke Rehabilitation** [Stroke Rehabilitation: Care Instructions] is now titled **Stroke Rehabilitation: General Info** [Learning About Stroke Rehabilitation] (zc1699).

Patient Instruction Enhancements

These Patient Instructions have been enhanced to improve clarity of language and to achieve consistency with other Healthwise content.

- **Antibiotics | General Info** [Learning About the Safe Use of Antibiotics] (abl3679)
- **Hysteroscopy | Post-op** [Hysteroscopy: What to Expect at Home] (ud1175)
- **Mediterranean Diet | General Info** [Learning About the Mediterranean Diet] (abn0335)
- **Phototherapy: Newborn | Pediatric: General Info** [Learning About Phototherapy for Jaundice in Newborns] (abn3017)
- **Rib Fracture** [Broken Rib: Care Instructions] (uf8278)

An illustration was added to each of the following Patient Instructions:

- **Hysterectomy: Abdominal | Post-op** [Abdominal Hysterectomy: What to Expect at Home] (te8387)
- **Hysterectomy: Abdominal | Pre-op** [Abdominal Hysterectomy: Before Your Surgery] (te8381)
- **Hysterectomy | General Info** [Learning About Hysterectomy Surgery] (ud1180)
- **Hysterectomy: Vaginal Laparoscopic-Assisted | Post-op** [Laparoscopically Assisted Vaginal Hysterectomy: What to Expect at Home] (ug6339)
- **Hysterectomy: Vaginal Laparoscopic-Assisted | Pre-op** [Laparoscopically Assisted Vaginal Hysterectomy: Before Your Surgery] (ug6333)
- **Hysterectomy: Vaginal | Post-op** [Vaginal Hysterectomy: What to Expect at Home] (ud1160)
- **Hysterectomy: Vaginal | Pre-op** [Vaginal Hysterectomy: Before Your Surgery] (ud1153)
- **Laparoscopic Hysterectomy | Post-op** [Laparoscopic Hysterectomy: What to Expect at Home] (abp9154)
- **Laparoscopic Hysterectomy | Pre-op** [Laparoscopic Hysterectomy: Before Your Surgery] (abp9144)

These Topics are Now Available in Additional Languages

- **Abortion: Medical or Surgical | Deciding About** [Deciding Between Medical and Surgical Abortion: Care instructions] (uh4183)
- **Colonoscopy | General Info** [Learning About Colonoscopy] (uf9411)
- **Suicidal Thoughts | Your Teen** [Suicidal Thoughts in Your Teen] (abj9909)
- **Vasectomy| Post-op** [Vasectomy: Care Instructions] (ut2321)

* For Healthwise hosted clients, this document is a summary of the content updates you received during the last quarter.