DUBAI GENERAL HOSPITAL

Department of General Surgery - Discharge Summary

PATIENT DETAILS

Patient name: Farzana Arif

MRN / File number: DGH-2026-0522

Date of birth: 03/11/1985 (Female, 41 years)

Nationality: Pakistan

Admission date: 24/11/2026

Discharge date: 27/11/2026

Ward: Surgical Ward C, Bed 12

Attending physician: Dr. Layla Haddad, Consultant General Surgeon

DIAGNOSIS

Primary diagnosis: Acute calculous cholecystitis, treated by laparoscopic cholecystectomy on 25/11/2026.

Secondary: Iron-deficiency anaemia (Hb 10.2 g/dL).

HOSPITAL COURSE

Presented with 2 days of right upper quadrant pain, fever and vomiting. Ultrasound confirmed gallstones with a thickened gallbladder wall. Started on IV antibiotics and underwent an uncomplicated laparoscopic cholecystectomy the following day (four small port sites, no drain). Tolerating a normal diet, pain controlled on oral analgesia, wounds clean and dry at discharge.

DISCHARGE MEDICATIONS

1. Paracetamol 1 g tablet - four times daily for 5 days, then as needed. Do not exceed 4 g in 24 hours.
2. Ibuprofen 400 mg tablet - three times daily with food for 5 days. Stop if you have stomach pain or black stools.
3. Amoxicillin-clavulanate 625 mg tablet - three times daily for 5 days. Complete the full course.
4. Ferrous sulfate 200 mg tablet - once daily in the morning. Take with orange juice, not with tea or milk.
5. Omeprazole 20 mg capsule - once daily before breakfast while taking ibuprofen.

FOLLOW-UP

- Surgical outpatient clinic (Dr. Haddad): wound check in 10-14 days, by 11/12/2026.
- Full blood count: repeat in 4 weeks at the outpatient laboratory, by 25/12/2026.
- Histology result of the gallbladder will be discussed at the clinic visit.

WARNING SIGNS - SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE:

- Fever above 38.5 C or shaking chills
- Redness, swelling, warmth or pus at any of the wound sites
- Severe or worsening abdominal pain not relieved by painkillers
- Yellowing of the skin or eyes, dark urine or pale stools
- Persistent vomiting or inability to keep fluids down

- Shortness of breath or chest pain

LIFESTYLE INSTRUCTIONS

- Eat small, low-fat meals for the first 2-4 weeks; fatty or fried food may cause bloating and loose stools.
- Drink 2 litres of water a day.
- Keep wounds dry for 48 hours, then shower normally and pat dry; leave the strips in place until they fall off.
- Walk several times a day; increase activity gradually.

RESTRICTIONS

- No lifting more than 5 kg for 2 weeks.
- No swimming or bathing in a tub for 2 weeks.
- No driving for 1 week or while taking pain medication that causes drowsiness.

ACTIVITIES

- Take the antibiotic course to the end even if you feel well.
- Check the wound sites once a day for redness or discharge.
- Keep your follow-up appointments.

Prepared by: Dr. Layla Haddad | Signed electronically 27/11/2026 09:15 | This is a fictional document for software testing.