



Garfield Medical Center

AHMC Healthcare

525 North Garfield Avenue
Monterey Park, CA 91754

Main Number (626) 573-2222

Patient Name: HONG GAN

Attending Caregiver: RALPH CONNER DR

DIAGNOSTIC STUDIES PERFORMED IN THE EMERGENCY ROOM

You have had the following checked diagnostic tests done during your visit in the emergency room.

LABS

X-RAYS

EKG

CT

ULTRASOUND

Your doctor may call to receive the results from the tests performed.

If you would like to request the results from your studies, you may contact Garfield Medical Center Health Information Management Dept. Monday - Friday from 8am to 4pm. 626-307-2100.

Document Released: 1/12/2012

Leg Cramps

Leg cramps occur when a muscle or muscles tighten and you have no control over this tightening (*involuntary muscle contraction*). Muscle cramps can develop in any muscle, but the most common place is in the calf muscles of the leg. Those cramps can occur during exercise or when you are at rest. Leg cramps are painful, and they may last for a few seconds to a few minutes. Cramps may return several times before they finally stop.

Usually, leg cramps are not caused by a serious medical problem. In many cases, the cause is not known. Some common causes include:

- Overexertion.
- Overuse from repetitive motions, or doing the same thing over and over.
- Remaining in a certain position for a long period of time.
- Improper preparation, form, or technique while performing a sport or an activity.
- Dehydration.
- Injury.
- Side effects of some medicines.
- Abnormally low levels of the salts and ions in your blood (*electrolytes*), especially potassium and calcium. These levels could be low if you are taking water pills (*diuretics*) or if you are pregnant.

FOLLOW THESE INSTRUCTIONS AT HOME:

Watch your condition for any changes. Taking the following actions may help to lessen any discomfort that you are feeling:

- Stay well-hydrated. Drink enough fluid to keep your urine clear or pale yellow.
- Try massaging, stretching, and relaxing the affected muscle. Do this for several minutes at a time.
- For tight or tense muscles, use a warm towel, heating pad, or hot shower water directed to the affected area.
- If you are sore or have pain after a cramp, applying ice to the affected area may relieve discomfort. Put ice in a plastic bag. Place a towel between your skin and the bag. Leave the ice on for 20 minutes, 2–3 times per day.
- Avoid strenuous exercise for several days if you have been having frequent leg cramps.
- Make sure that your diet includes the essential minerals for your muscles to work normally.
- Take medicines only as directed by your health care provider.

CONTACT A HEALTH CARE PROVIDER IF:

- Your leg cramps get more severe or more frequent, or they do not improve over time.
- Your foot becomes cold, numb, or blue.

ADDITIONAL NOTES AND INSTRUCTIONS

Emergency departments are designed to provide treatment of *emergent* medical conditions. Emergency departments are not designed to provide sporadic care for chronic illnesses. For most non emergent medical problems, you should go to your regular healthcare provider first.

IF YOU SMOKE, PLEASE STOP.

CONTACT SMOKER'S HOTLINE 1-800-662-8887.

RETURN TO EMERGENCY ROOM IF YOU HAVE ONE OF THE FOLLOWING:

- YOUR CONDITION WORSENS.**
- YOU HAVE AN INCREASE IN YOUR SYMPTOMS.**
- YOU HAVE DIFFICULTY BREATHING.**
- YOU HAVE A MEDICAL CONCERN.**

TAKE MEDICATION AS PRESCRIBED (DIRECTED).

CONSULT WITH YOUR PRIMARY CARE PHYSICIAN TO CONTINUE OR STOP YOUR HOME MEDICATIONS AFTER DISCHARGE.

Document Released: 1/25/2006 Document Revised: 5/25/2017 Document Reviewed: 11/25/2015
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Garfield Medical Center • www.garfieldmedicalcenter.com



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PATIENT EDUCATION SUMMARY

Patient/Visit Information:

Patient Name: HONG GAN	Diag:
Attending Caregiver: RALPH CONNER DR	

Discharge Instruction Sheets Provided:

DIAGNOSTIC STUDIES
Leg Cramps

Patient Instructions:

Additional Notes for Leg Cramps

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Followup Appointments/Instructions:

TAKE MEDICATION AS PRESCRIBED (DIRECTED).

CONSULT WITH YOUR PRIMARY CARE PHYSICIAN TO CONTINUE OR STOP YOUR HOME MEDICATIONS AFTER DISCHARGE.

Drug Allergies: None Entered

Interactive Patient Education/Medication Management did not perform any allergy checking with the allergy information that was entered

Signature acknowledges that Patient and/or Guardian has received these instructions and understands them.

Patient or Guardian Signature

Time/Date

Witnessed & Instructed by

Time/Date

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Patient Information:

Patient ID: 828887	Patient Medical Record Number: 00457523
Patient Name: HONG GAN	Patient Address: 1919 TWIN AVE., SAN GABRIEL, CA, 91776
Responsible Adult:	Patient Email:
Patient Weight:	Patient Height:
Patient DOB: 12/6/1968	Patient Gender: F
Patient Phone Number: (626)235-9275	

Visit Information:

Visit Date: 12/15/2018	Department: ED
Primary Caregiver: RALPH CONNER DR	Diag:

User Information:

Login ID: Generic	User Name: Generic User	Dept: ED
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Patient did not request electronic copy of documents.

>>>> DIAGNOSTIC STUDIES - English - {65DD2036-CA8D-447E-8A80-1AB4D08BC2CD}
This Document has either been modified or created by the issuing facility or caregiver.

Check if lab work was done today: Not Checked
Check if patient had X-rays taken today: Not Checked
Check if patient had an EKG today: Not Checked
Check if patient had CT done today: Not Checked
Check if patient had ultrasound done today: Not Checked
Additional Notes:

>>>> Leg Cramps - English - {49B71BE7-8580-443C-80F8-3985A1F24E45}

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