

**After Care Instructions  
Sparrow Nurse Examiner Program-**

**Sexually Transmitted Diseases:**

You can contract sexually transmitted disease(s) from an assault. We provide some medications to help prevent treatable sexually transmitted diseases. *Patients should be aware that we do not test for or provide medications to prevent HIV. Baseline testing is **recommended** within the first week following assault. Repeat testing should be performed 3 months, 6 months, and one year post assault. We **recommend** that you use condoms or other barrier devices for all sexual encounters until the results of one year post assault testing have been received.*

We **recommend** patients follow up with their primary care provider in 7-10 days for further testing and treatment. Children under 12, parents may contact Dr. Guertin at **364-2117** for follow up. For patients without a primary care provider the *Ingham County Health Department* is an option. They are located in the *Human Services Building-Entrance 3; 5303 South Cedar Street; Lansing, MI 48909*. An appointment may be scheduled by calling **(517) 887-4424**. ( 30 days after assault )

**We provided the following medications:**

MEDICATION	YES/NO	SPECIAL INSTRUCTIONS
Ceftriaxone (Rocephin) 125mg IM		The injections site may be sore. See your primary care provider if the site becomes red, hot, pain increases, or for other concerns.
Azithromycin (Zithromax) 1 gram PO		Diarrhea and/or vaginal itching may develop. See your primary care provider for vaginal itching, as it may indicate a yeast infection.
Metronidazole (Flagyl) 2 grams PO		<u>Do not drink alcohol for 3 days after taking this medication.</u> It will make you sick. And do not take if you have had alcohol 48 hours prior to taking.
Progestin (Plan B) 2 tablets PO		Take with food. Mild nausea may develop. Over-the-counter nausea medications may help.
Ibuprofen (Advil)		Take with food to avoid stomach upset. Follow directions on bottle.
Acetaminophen (Tylenol)		Follow directions on bottle. Avoid alcohol.

**Wound Care:**

Injuries that cause a break in the skin such as abrasions, lacerations, punctures, human or animal bites are prone to infection. Keep these areas as clean and dry as possible until healing has occurred. Cleanse wounds 2-4 times per day with anti-bacterial soap (such as Dial) and dry thoroughly. Consider applying anti-bacterial ointment (such as Bacitracin) and covering with a bandage. **Seek medical attention for wounds that develop one or more of the following: redness, increasing pain, foul odor, or creamy discharge. Fever is also a reason to seek medical attention.**

Anogenital injuries such as tears, lacerations or abrasions generally heal rapidly. We recommend applying cold packs to affected areas for the first 24 hours. After that, change to warm sitz baths. We also recommend wearing loose cotton underwear, and pelvic rest (no tampons, douche, or sexual contact) until injuries have healed. An over-the-counter stool softener and/or increasing dietary intake of fluids and fiber may decrease the amount of discomfort for patients with bowel elimination. *Seek medical attention for rectal bleeding, unusual vaginal discharge, abdominal pain, pain/burning with urination, painful intercourse, sores, blisters, warts, or any other anal, genital, or urinary concern.*

**Injury Care:**

We recommend applying ice to sore areas for 20-30 minutes every 2-4 hours while awake for pain and/or swelling for the first 24-48 hours. Be sure to protect skin by not applying ice directly to bare skin. After 48 hours, change to moist heat. We recommend resting and elevating injured areas as much as possible. **Seek medical attention for any loss of sensation or mobility. If further injuries develop after the initial exam, please call your Doctor. Or you can call the Program Nurse (517) 364-3641.**

**Legal Concerns:** Call the Detective that has been assigned to your case or the Prosecuting Attorneys office.

**Emotional Care:** You have been through an emotional trauma **please** seek support for yourself and family.

**Counseling:** Women's Center **(517) 372-9163**. Listening Ear- **(517) 337-1717** available counseling for adult sexual assault patients. If the patient is a child, below 18 years old *call Angel House at (517) 244-4444 to schedule an appointment.* Or MSU Family & Child Clinic **(517) 432-2272**. 24-hour **crisis lines and counseling:** MSU Sexual Assault Crisis Line- **(517) 372-6666**. Listening Ear- **(517) 337-1717**.

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Patient/Parent/Guardian

Date

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Sexual Assault Nurse Examiner

Date