<table>
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<th>Date &amp; Time</th>
<th>Vaginal Delivery - Postpartum Order Set</th>
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<td>Pharmacy Mnemonic: VAGDELPP</td>
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1. Vital signs q 15 min x 8, then q 1 hr x 4, then q 4 hrs x 24, and then q 8 hrs and PRN.
2. Diet: Regular
3. IV: Dextrose 5% in Lactated Ringers with 20 units of Pitocin to IVF bolus after placenta until fundus firm and bleeding within normal limits, then
   Dextrose 5% in Lactated Ringers at 125 mL per hr no Pitocin. Discontinue IVF when patient is ambulatory and stable.
4. Measure first two voids. Catheterize q 6 hrs PRN. **Notify doctor if second catheterization is needed.**
5. Perineal care: Instruction on Peri-care after each void and elimination PRN perineal pain.
   Ice pack to perineum post delivery PRN perineal pain.
   Perineal warm packs PRN pain.
6. CBC w/o diff early a.m. postpartum day one.
7. Discontinue previous ultrasound orders.
8. **Medications (check for allergies): Administer medication utilizing range order guideline. DO NOT EXCEED 3 grams of acetaminophen in 24 hrs.**

   - **Pain:**
     - Percocet-5 (oxycodone/acetaminophen 5/325) 1 or 2 tabs PO q 6 hrs PRN severe pain (6 – 10 on the numeric pain intensity scale)
     - Norco-7.5 (hydrocodone-acetaminophen 7.5/325mg) 1 or 2 tabs PO q 6 hrs PRN moderate pain (3.1 – 5.9 on the numeric pain intensity scale)

   - **Tylenol (acetaminophen) 325 mg two tabs PO q 6 hrs PRN temp > 101°F or mild pain (0.1 – 3 on the numeric pain intensity scale)**

   - For temperature elevation: **Notify physician if not on antibiotics.**
   - **Nausea:** Zofran 4mg IV or PO q 4hrs PRN (Give by PO route unless the patient is unable to meds by mouth)
   - **Sleep:** Ambien (zolpidem) 5 mg PO hs PRN.
   - **Constipation:** Milk of Magnesia Concentrate (magnesium hydroxide) 10 mL PO bid PRN.
   - **Anaprox DS (naproxen) 550 mg one tablet PO q 8 hrs (if not allergic to aspirin). First dose to be given at________**
   - **Hemorrhoidal pain:** Anusol HC suppository rectally: q 4 hrs PRN Tucks PRN
   - **Mylicon (simethicone) 80 mg PO q 4 hrs PRN gas or antacid of choice q 4 hrs PRN indigestion.**
   - **Senokot-S (senna-docusate) two tablets PO q hs. First dose to be given at________**
   - **Americaine spray topically to perineum PRN pain post voiding**
   - **Prenatal Vitamin 1 tab PO daily**

9. Patient Rh Neg and Du Neg and indirect Coombs Neg and baby Rh Pos: Obtain and administer one amp RhoGam (Rh, [D] immune globulin) within 72 hrs of delivery.
10. Breast feeding - Lansinoh cream, hydrogel dressing PRN breast pain
    Bottle feeding - Tight bra, ice pack x 20 min. four times daily PRN breast pain
11. If rubella lab result is non-immune or equivocal, administer MMR vaccine post delivery.

   **MMR vaccine information statement (4/20/2012) provided to the patient: Nurse________________ Date__________**
   Nurse to request med from pharmacy when vaccine is needed.

   __________________________/____________/____________
   Date Time Physician Signature