

**“SAMPLE” MARATHON
MEDICAL DISCHARGE / ER TRANSFER**

Name: _____ **Race #:** _____

Race: Marathon / 10 Mile **Location:** Finish Line Medical Tent / Aid Station Mile _____

Diagnosis:

Exertional Heat Stroke Exercise Associated Collapse - Severe

Hyponatremia – Dilutional Fracture (suspected stress fracture)

Exercise Associated Muscle Cramps Other

Discharge Vital signs: BP _____ / _____ **Pulse** _____ **O₂ Sat (ra)** _____ %

Labs: Na⁺ _____ K⁺ _____ Hct _____ BUN _____

Treatment:	
Body cooling:	Initial rectal temperature: _____ Discharge rectal temperature: _____
IV Fluids:	_____ liter(s) D ₅ NS _____ liter(s) NS Medication Access Only
D₅₀W (50 ml):	#1 _____ #2 _____
Medications:	Diazepam (Valium): 1mg 2mg 3mg 4mg 5 mg Time _____ Midazolam (Versed): 1mg 2mg 3mg Time _____ Other: (i.e. asa, acetomenophin) _____ Time _____

Discharge time: _____

Discharge status: Home / ER transfer

Discharge instructions:

- You may/cannot drive a vehicle.
- You should eat your normal foods and drink extra fluids to keep your urine pale yellow in color.
- You should not drink extra fluids until you are urinating regularly and your weight is back to training level. You should eat your normal foods.
- You should be evaluated in the emergency room or by your primary physician if you feel worse today or tomorrow, you do not get better, or you have questions about your health.

Notes:

Signature: _____ **MD/DO**