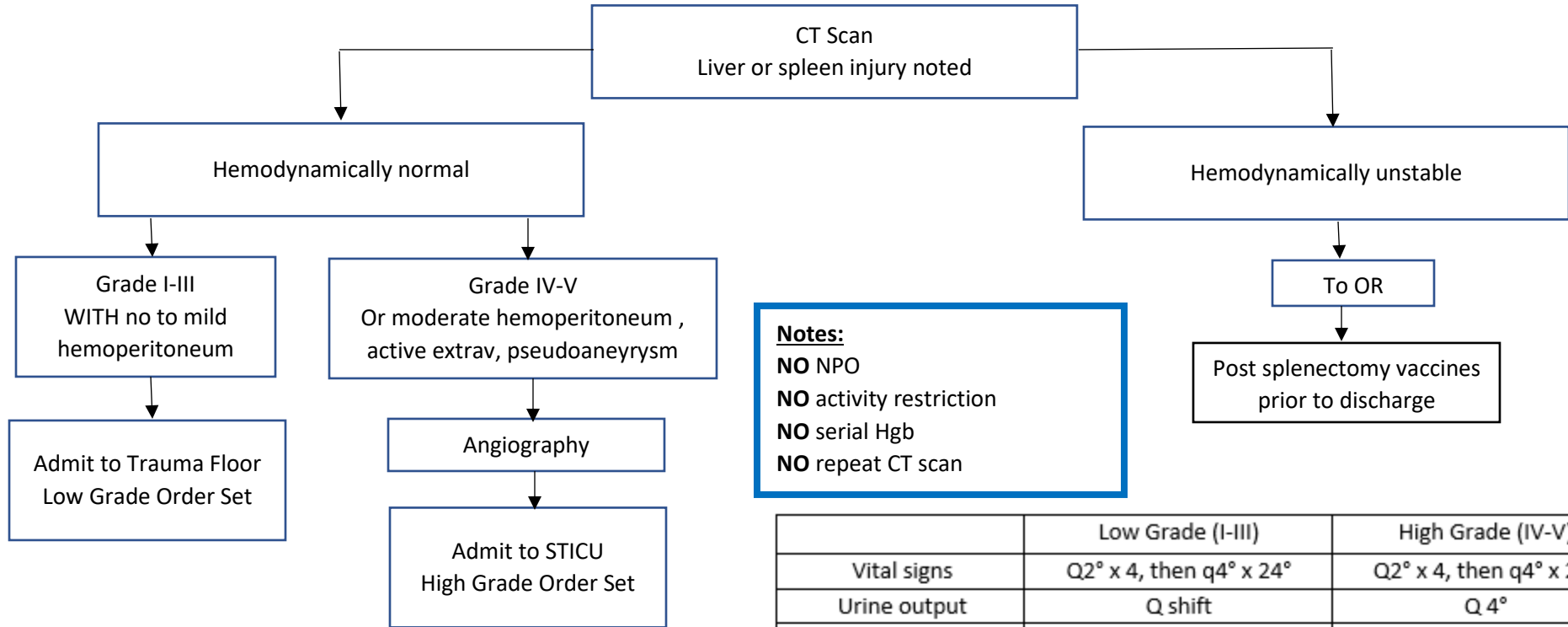




Ascension

### Clinical Practice Guideline Adult (≥ 18 years old) Blunt Liver and Spleen Injury



**Notes:**  
 NO NPO  
 NO activity restriction  
 NO serial Hgb  
 NO repeat CT scan

**Discharge Instructions**

Activity:

- Nonvigorous, normal activity for weeks 0-6
- Vigorous activity weeks 7-12
- High impact activity/sports after 12 weeks

Expect mild increase in abdominal pain 7-10 days after injury  
 Should return to baseline after 1-2 days.

Call if:

- New, unrelenting pain
- Jaundice, fever
- Frequent light-headedness
- Persistent pain after 2 weeks

	Low Grade (I-III)	High Grade (IV-V)
Vital signs	Q2° x 4, then q4° x 24°	Q2° x 4, then q4° x 24°
Urine output	Q shift	Q 4°
IV access	18g or better	18g or better
IV fluids	Maintenance rate	Maintenance rate
Diet	Regular	Clears x24 hours then AAT
Labs	Hgb on admission and following day	Hgb on admission, 8 hours after admission, then daily at physician discretion
Activity	Up ad lib	Up ad lib
Thresholds	Call MD for SBP<90, HR>120, significant change in abdominal exam	Call MD for SBP<90, HR>120, significant change in abdominal exam
Discharge criteria	To home: hemodynamically normal x36 hours, no change in abdominal exam x36 hours	To Low Grade Order Set: normotensive with no tachycardia x24 hours, average fluid requirements