

# Hospital Discharge Checklist

Make sure you review your discharge plan with both your hospital doctor and your primary care doctor so each knows the plan.



## In addition to any specific questions related to your case, don't forget to ask these essential questions:

1. How can I expect to feel in the coming days?  
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2. What kinds of danger signs or complications should I watch for? How often do these kinds of complications occur?  
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3. If I experience pain, what should I do? What kind of pain medication can I take?  
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4. Do I need to follow a special diet at home? Any foods to avoid? No alcohol?  
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5. Will I need any outpatient therapy? What kind? How will it be scheduled?  
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6. What activities should I avoid at home?  
\_\_\_\_\_
7. When can I return to work or school?  
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8. When can I drive again?  
\_\_\_\_\_
9. When can I resume sexual activity, workout routine, etc.?  
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10. Can I take a shower and/or bath when I get home?  
\_\_\_\_\_
11. How should I care for my incision and/or dressing?  
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12. Should I continue taking the medications I'm currently taking? Will I have to take any additional drugs? What are they designed to do?  
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13. When should I return for a follow-up appointment? To whom? Any follow-up tests?  
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14. If I have an urgent issue, whom should I call/what should I do?  
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15. If I have general recovery questions, whom should I call?  
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### Notes:

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