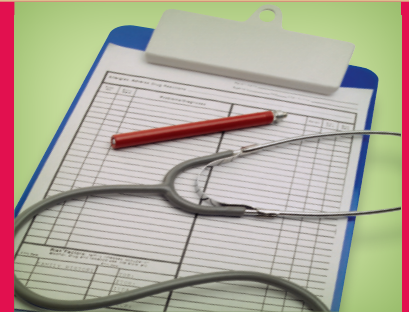


Hospital Discharge Checklist

Make sure you review your discharge plan with both your in-hospital doctor and your primary care doctor so each knows the plan. Your advocate should be at your side when you ask these questions, taking copious notes or tape-recording the conversation.



In addition to any specific questions relating to your case, don't forget to get answers to these essential questions:

1. How can I expect to feel in the coming days?

2. What kinds of danger signs or complications should I watch for? How often do these kinds of complications occur?

3. If I experience pain, what should I do? What kind of pain medication can I take?

4. Do I need to follow a special diet at home? Any foods to avoid? No alcohol?

5. Will I need any outpatient therapy? What kind? How will it be scheduled?

6. What activities should I avoid at home?

7. When can I return to work or school?

8. When can I drive again?

9. When can I resume sexual activity, workout routine, etc.?

10. Can I take a shower and/or bath when I get home?

11. How should I care for my incision and/or dressing?

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?

13. When should I return for a follow-up appointment? To whom? Any follow-up tests?

14. If I have an urgent issue, whom should I call/ what should I do?

15. If I have general recovery questions, whom should I call?

16. Notes:
