

## Post-Hospital Visit Checklist

<b>Before leaving the hospital</b>	<b>Done?</b>
Find out if the hospital has a discharge planner, social worker or nurse who can help you plan your follow-up care	
Ask a family member or friend to help plan your follow-up care	
<b>If you have trouble understanding the language used in the instructions:</b>	<b>Done?</b>
Ask for a translation or an interpreter.	
<b>If you feel overwhelmed by the follow up care you need:</b>	<b>Done?</b>
Ask about referrals for home care services or a skilled nursing facility. Find out about payment options, including whether financial assistance is available.	
<b>Questions to ask about your condition</b>	
How soon should you feel better after leaving the hospital?	
Will you be able to walk, climb stairs, go to the bathroom, prepare meals and drive?	
Are there any special instructions for daily activities? For example, should you take a shower instead of a bath?	
How much help will you need after you leave the hospital?	
What signs and symptoms should you watch for? If you have them, what should you do?	
Will you need special equipment at home? Where can you get the equipment? Is it covered by your insurance, Medicare or other health plan?	
Will you need physical therapy? If so, get written instructions.	

<p>If you have wounds, how do you take care of them? How long should it take them to heal?</p>	
<p>Will you need to have any follow-up tests? Who should you follow up with to get the results?</p>	
<p>When can you expect to go back to work?</p>	
<p>Who can you call if you have any problems after leaving the hospital?</p>	
<p><b>Questions to ask about your medicines</b></p>	
<p>What medicines will you need to take at home? Get a written list that includes all of your medicine- new and old</p>	
<p>Can you get written instructions about your medicines? Make sure you understand the instructions. Ask any questions before leaving the hospital.</p>	
<p>Are there any medicines, vitamins or herbs that you should not take with your medicines?</p>	
<p>Are there any foods or drinks that you should avoid while taking these medicines?</p>	
<p>Are there any side effects of your medicines? What should you do if you have side effects?</p>	