

My Discharge Preparation Checklist

This checklist is for your use while you are a patient to help you participate in your own care and prepare for discharge.



Do I feel confident that I can care for myself at home or that a family member or caregiver can help me?

- How should I treat any wounds, drains or incisions? Can you walk me through this?
- What is my prescribed diet at home? Should I avoid any foods or drinks? For how long?
- Are there any activities I should not do, such as driving, sex, heavy lifting or climbing stairs? For how long?
- Do I know when I can start showering?
- What exercises are good for me?



Do I know what help I will need at home?

- If home health services are ordered, do I know whom to call or follow up with?
- What kind of help or care will I need?
- Will I be getting home nursing care or rehabilitation (i.e., outpatient physical or occupational therapy)?
- Will I need any additional equipment, such as crutches, a walker, a commode or oxygen?



Do I know when my follow-up appointments are and how to get there?

- When should I schedule a follow-up appointment?
- Do I need to follow up with a specialty doctor?
- Do I know how to schedule a follow-up appointment?
- Will I need help to get to my appointments?



Do I know what my medicines are, how to take them and where to get more of them?

- What medicine(s) do I need to take when I leave the hospital, and why?
- Are there changes to my regular home medications?
- What are common side effects for these medications?
- How often should I take these medications?
- Where and how do I get these medications?



Does my family or someone close to me know when I am going home?

While waiting for your ride or discharge medications, if you qualify, we will take you to our

departure lounge, where you can wait in comfort.



Do I know what signs and symptoms to look out for and whom I should call if I have concerns at home?

If I have questions about follow-up visits after I leave the hospital, I should refer to my discharge instructions in my **“After Visit Summary.”**

My primary care doctor will be responsible for my care after discharge.

- Do I know who my primary care doctor is?
- What symptoms or signs do I need to watch for when I get home?
- Who do I call if I have questions or concerns when I get home?



Did my doctors or nurses answer all my questions?

- Will I need any medical notes or work release forms?
- Will I have any restrictions?



On the day of my discharge:

- Any lines not needed for home use (i.e., intravenous line, surgical drains, foley catheter, etc.) will be removed.
- My own home medications will be returned to me (if I brought any).

- My personal belongings will be returned to me (including those sent to the safe).
- My medical equipment (such as a walker) may be provided as needed, if my insurance covers them.

- I will receive my discharge medication(s) at my preferred pharmacy, unless otherwise specified.
- I will receive my discharge paperwork, and the nurse will review this with me.

Other questions I need to ask my doctor, nurse, case manager or social worker:

YOU Matter!

**Did you have an amazing care team?
Send them a YOU Matter! Recognition:**

This is an opportunity to write a special “thank you” to any Huntington Health employee, doctor or team who was especially kind, caring, helpful, knowledgeable or responsive during your stay.

Recipients and their leader will receive a letter with your words of gratitude.



Scan the QR code to access our online form.