

Your Hospital Stay: Going Home

Before you leave the hospital, your care team will help make sure you're prepared and you have a plan ... so you feel ready to go home.

This plan ... called a discharge plan ... helps you know what to expect when you go home ...

so that you ...

or others who help with your care ...

can feel confident about what to do.

A person called a discharge planner will help make your plan.

This person could be a nurse or someone else who helps coordinate your care.

The plan may include things like ...

... Problems to watch for ...

like pain or signs of infection ...

symptoms that are new or that get worse ...

and when to call the doctor.

... Phone numbers for your doctor and other care providers.

... What medicines you'll need ...

how and when to take them ...

and what side effects to watch for.

... Instructions about eating and activity.

... And the times for any follow-up tests or appointments.

This can seem like a lot of information ...

so it's important to ask questions if there's anything that's not clear.

If possible ... it's helpful to have a friend or family member with you as you prepare to leave the hospital ... to help remember the instructions and to ask questions too.

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For example, you may have questions about new medicines ...

or when it's okay to go back to your usual activities ... like driving.

To help you remember your medicines, make a list of all of them ...

and discuss them with your planner.

You can also talk to your planner about things like therapies or special equipment ...

how much help you'll need at home ...

or any problems you think you might have when getting around in your home.

Remember ... your care team is there to support you ...

so you can continue to get better.

When you work together to make sure you understand the plan ...

it can help you avoid problems ...

... and you can feel confident about getting the right care at home.