

How to Prepare for Leaving the Hospital

Discharge Planning

Your health care provider and other members of your health care team determined you are medically ready to leave the hospital (discharge).

They will confirm your discharge time and write it on your care board.

Use this checklist so you are ready to leave at that time.

Day Before Discharge

- Tell the person driving you home what day and time to pick you up. If you use a ride sharing service, order the ride as soon as your nurse or provider tells you it's OK.
- Ask family member or friends to take away your personal items such as flowers, cards, extra clothes or phone charger.
- Read your patient education. Write down questions so members of your health care team can answer them before you leave.
- Tell a member of your health care team if you want a family member or friend with you to hear your nurse review the education.

Day of Discharge

- Remind the person driving you home what time to arrive and where to park.
- Pack all of your personal items. Check your room for:
 - personal medical devices such as dentures, cane, walker, shoe inserts, glasses, hearing aids or wheelchair
 - electronic devices, cords and chargers
 - clothes and toiletries
 - purse, wallet or jewelry.
- You may get your prescriptions filled at the hospital.
 - If you want to have your prescriptions filled at a different pharmacy, give the pharmacy name and location to a member of your health care team.
- Ask your nurse or health care provider if you have any questions.
- You will receive an After Visit Summary that includes self-care instructions and follow-up appointments.