

Follow-up Within 5 Days After a Hospital Stay

A proven way to reduce your chances of an unplanned hospital stay

Why You Need a 5-day Follow-up Appointment

A hospital stay can leave you more tired than usual. Maybe your medicines were changed or you are taking a new medicine and these need follow-up. You may not remember these changes because you were ill, or the instructions were confusing.

A follow-up appointment within 5 days of leaving the hospital can help:

- make sure you are getting better
- make sure your medicines are right
- keep you from returning to the hospital.

Your nurses will talk with you about the clinic visit before you leave the hospital. Staff will help make an appointment for you. This information will be on your After Visit Summary.

If you have an Allina Health health care provider: you will receive a call from your clinic or from your care manager 2 to 3 days after you get home.

This person will:

- remind you of your appointments
- help you schedule appointments you need
- review the medicines you are taking
- address any concerns you may have.



If you have a follow-up with a specialist within 5 days, your follow-up with your primary care provider will be set up within 2 weeks.

What Will Happen at Your Follow-up Appointment

Your provider will check to make sure you are getting better.

A member of your care circle (family member or friend) can go with you to take notes and ask questions.

You and your provider will talk about your story and hospital stay. This will include:

- medicines (old and new)
- pain control
- breathing
- bladder and bowel patterns
- how to take care of yourself at home
- any other tests or follow-up visits you need
- when to call for help.

It's important to keep your follow-up appointment, even if you feel well.