

Discharge Checklist

Make sure you review your discharge plan with both your in-hospital doctor (who's either a hospitalist, a specialist or your surgeon) and your primary care doctor so each knows the plan. Your advocate should be at your side when you ask these questions, taking copious notes or tape-recording the conversation. In addition to any specific questions relating to your case, don't forget to get answers to these essential questions:



1. How can I expect to feel in the coming days?

2. What kinds of danger signs or complications should I watch for? How often do these kinds of complications occur?

3. If I experience pain, what should I do? What kind of pain medication can I take?

4. Do I need to follow a special diet at home? Any foods to avoid? No alcohol?

5. Will I need any outpatient therapy? What kind? How will it be scheduled?

6. What activities should I avoid at home?

7. When can I return to work or school?

8. When can I drive again?

9. When can I resume sexual activity, workout routine, etc.?

10. Can I take a shower and/or bath when I get home?

11. How should I care for my incision and/or dressing?

12. Should I continue taking the medications I'm currently taking? Will I have to take any additional drugs? What are they designed to do?

13. When should I return for a follow-up appointment? To whom? Any follow-up tests?

14. If I have an urgent issue, whom should I call/what should I do?

15. If I have general recovery questions, whom should I call?

Notes:
