

GUIDE FOR YOUR HEALTH CARE

WHAT YOU SHOULD KNOW WHEN YOU ARE DISCHARGED FROM A HOSPITAL



We all want to go home after having spent a few days in the hospital because of some procedure, surgery or disease. There will be many things you must do to take care of yourself. Below, we give you some advice that will help you to achieve a speedy recovery with greater safety.

- Ask for the staff responsible for the discharge process in the hospital, before going home. They will orient you about the discharge report and treatment to follow, coordination of appointments, request for medical equipment if necessary, among other details.
- Prepare your home for your return. Ask your doctor or health personnel, everything you need to do to make your return safe; to ensure a fast and full recovery. If you had a hospitalization planned, prepare your house beforehand. If your hospital stay was unexpected, request the collaboration of family or friends.
- If you need help during the first days with daily activities in your home, look for a person you trust.
- Attend the follow-up appointment with your physician on or before 7 days of discharge.
- Talk with your doctor about medication reconciliation; this will help you to know them and comply with the treatment as indicated.

- Review your medications: dosage, schedules and why you are taking them. Do not make changes unless your doctor orders it.
- Ask your doctor when you can start your exercise routine, what foods you should eat and when you can resume your daily tasks.
- Keep contact with other health care professionals that you have in your care plan.
- Verify and write down the phone numbers for emergencies.

REMEMBER! You're the most important person in your treatment and recovery. You must understand and comply with your care plan, attend your medical appointments and maintain communication with your doctor.

References

Guide for when you are discharged from the hospital. Content last reviewed October 2014. Agency for Healthcare Research and Quality, Rockville, MD.
<http://www.ahrq.gov/patients-consumers/diagnosis-treatment/hospitalsclinics/goinghome-esp/goinghomesp.html>
http://nextstepincare.org/uploads/File/NSIC_Hospital_to_Home_PC_Spanish2.pdf

For more information, please call the Preventive Management Department at **787-277-6571**.



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