Before Leaving the Hospital

CARE Connection

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Questions to Ask
Before Leaving the Hospital

Leaving the hospital is more than getting discharge papers. It's making sure you understand what comes next.

1 Why was I hospitalized?

Make sure you understand the diagnosis in everyday language.

2 What medications have changed?

- Which medications should I stop?
- Which ones are new?
- Are there any side effects I should watch for?

3 What warning signs mean I should call the doctor or return to the hospital?

Know exactly what symptoms require immediate attention.

4 Do I need Home Health services?

Ask if you qualify for skilled nursing, physical therapy, occupational therapy, speech therapy, or other services after discharge.

5 When is my follow-up appointment?

If one hasn't been scheduled, ask:

- Who should I call?
- How soon should I be seen?

6 Are there any activity restrictions?

Ask about:

- Driving
- Bathing
- Returning to work
- Lifting
- Exercise
- Stairs

7 What equipment will I need at home?

Examples:

- Walker
- Wheelchair
- Shower chair
- Hospital bed
- Oxygen
- Blood pressure monitor

8 Who do I call if I have questions after I get home?

Make sure you leave with:

- Doctor's office number
- Home Health agency (if ordered)
- Pharmacy contact
- Emergency instructions



Remember:

Never feel rushed to leave without understanding your discharge plan.

If something isn't clear...

Ask again.

Your questions matter.

YOU MIGHT ALSO BE WONDERING...

- Can I get both Home Health and Home Care?
- How do I know if I'm safe at home?
- What if I need help with daily activities?
- Who pays for Home Health services?
- Where can I find support as a caregiver?
- What resources are available in my community?



You are not alone. We are here to help.

CareConnectionAZ.org

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