

HOSPITAL DISCHARGE CHECKLIST

When it's time to go home from the hospital, make sure all of these things are checked off.

Discharge Summary and Instructions

Your nurse will give you a summary of your hospital stay and any instructions you need to follow when you leave. Make a few copies of your summary to share with your other medical providers.

Know Where You're Going

Here is a list of possible places you could go after you leave the hospital. Tell your social worker or case manager which you prefer. You may have options.

- Home
- Home with health services
- Rehabilitation
- Nursing home
- Inpatient hospice

Extra Help

Circle anything you think you will need help with. Let your social worker or case manager know.

- Bathing
- Dressing
- Using the bathroom
- Climbing stairs
- Cooking
- Shopping
- Cleaning
- Paying bills
- Transportation
- Picking up my medications
- Paying for my medications

Outcomes

Write down the outcomes of your hospital stay. This includes your diagnoses, treatments and relevant test or lab results. This will likely be included in your summary, but if it's not clear, ask your healthcare team.

Special Tasks

Make sure you, and your caregiver, understand how to do any special tasks such as dressing changes, injections, tube feedings, etc. before you leave. Ask for a copy of specific instructions.

Medical Equipment or Devices

Ask if you will need any medical equipment or devices when you leave. Ask who will arrange for them and if they're covered by your insurance.

You have options when purchasing or renting equipment or devices. Often, hospitals charge a lot more than your local pharmacy or medical supply shop. You can also shop online, and compare prices, on websites such as [amazon.com](https://www.amazon.com).

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Medical Bills

Get a detailed, itemized copy of your bill BEFORE you leave. If you are unclear about any of the charges, call the billing department and ask for an explanation.

If you think you will need help paying your bills, let the billing department know. You can arrange a payment plan and may even be eligible for financial assistance.

Your Belongings

Make sure you have all of your personal belongings before you leave. If you brought in valuables (such as jewelry), these items may be locked up with hospital security.

Medications

Write down all of your new medications (you can use the form in this checklist). Make sure you know what they are for and how to take them.

Ask if you need to continue taking the medications you were on before coming to the hospital. See if there are any you need to stop taking.

Use the form at the end of this checklist to help you keep track of your medications.

Questions or Concerns to Discuss Before I Leave:

Number to Call With Questions or Concerns:

Next Appointments:
