FZ FREE CHECKLIST · HOSPITAL DISCHARGE

Hospital Discharge Checklist

Questions to ask the care team before someone you care for goes home from the hospital. Tick each one when it is answered, and write down what you were told. Skip anything that does not apply.

Patient _____

Hospital and unit _____

Discharge date _____

Who to talk to

Discharge planner or social worker: name, phone _____

Nurse or doctor to call with questions: name, phone _____

Best number to call after discharge _____

What to do nights, weekends, or if no one answers _____

Where care happens next

- [ ] Where care happens, and the options _____
- [ ] Daily tasks that need help at first _____
- [ ] Who will help, and who is there the first night _____

Paperwork to get before leaving

- [ ] Written discharge instructions, in language you understand
- [ ] A summary of the patient's current health status
- [ ] The medication list, written down, with anything new or changed
- [ ] The care team's answers to your questions, in writing where possible

Medications to confirm with the care team

Review the list with the care team or a pharmacist. Do not decide what to take on your own.

- [ ] Which to continue, and at what dose or strength
- [ ] Which are new, changed or stopped
- [ ] Updated list sent to the other providers, or whether you should send it
- [ ] Prescriptions filled and in hand before leaving

Follow-up care

- [ ] Follow-up appointments: who and when _____
- [ ] Who books them _____
- [ ] Tests or results still pending _____
- [ ] Who will report the results _____

Equipment and services

- [ ] Equipment needed, and who delivers it _____
- [ ] Home health or other services _____
- [ ] A demonstration of any special task, with you practicing it back
- [ ] What insurance is expected to cover _____

Warning signs and who to call

- [ ] Complications to watch for, and what to do about each

_____

_____

_____

- [ ] Who to call, and when to call 911 _____

Getting home

- [ ] How the patient is getting home _____
- [ ] Who is with them at first _____
- [ ] Prescriptions and any special food collected

Product use and limitations

This checklist helps you prepare questions and write down answers. It is not medical advice and does not decide what is safe, urgent or right for the patient. The care team's instructions are the authority. If you believe there is an emergency, call 911.