



Hospital Discharge Planning Golden Rules

1. While in the hospital, make sure your Health Team is working together. Your Health Team includes you, your Caregiver, Primary Care Physician, Hospital Doctor and Discharge Planner:

- Call your Primary Care Physician and tell them you are in the hospital.
- Share phone numbers and mailing addresses.
- Make sure everyone is sharing medical information and is in agreement with the discharge plan (especially medications).

2. Before leaving the hospital, ask the Hospital Doctor and Discharge Planner questions so you understand the discharge instructions:

- Medications – Ask what they are for, how to take them, how they will make you feel, and potential side effects.
- Red Flags – Ask for signs to look out for if symptoms are getting worse, what to do and who to call when they happen.
- Tasks - Ask what tasks will need to be performed at home, how to do them and why they are important.
- Be honest - tell the Hospital Discharge Planner if you do not understand the instructions, need help paying for medications or need help with certain tasks.

3. Before leaving the hospital, ask the Hospital Discharge Planner to help you prepare for going home:

- Arrange for medical equipment, supplies and home care services - if the Hospital Doctor feels it is necessary to continue your care at home.
- Find community organizations – to help with transportation or meal delivery.
- Schedule follow-up appointment with your Primary Care Physician – tell them you were in the hospital and need to see the doctor within the next 7 days.

