

# Hospital Discharge Checklist

A checklist for leaving the hospital safely, covering instructions, medicines, follow-up care, equipment, and warning signs.

## Understand Your Instructions

- Get your diagnosis and discharge summary in writing
  - Confirm your activity and movement limits
  - Ask about diet and fluid instructions
  - Confirm wound, incision, or device care steps
  - Repeat instructions back to confirm understanding
- Ask the team to explain anything that is unclear

## Medications

- Get a clear list of medicines to take and when
- Confirm which previous medicines to stop or continue
- Note the reason for any new medicines
- Fill new prescriptions before you go home if possible
- Ask your pharmacist about any interactions

## Follow-Up Care

- Schedule follow-up appointments before leaving
- Note which doctors to see and when
- Confirm any tests needed after discharge
- Get referrals for therapy or home care if needed
- Save a phone number to call with questions

## Equipment and Home Setup

- Confirm any medical equipment you need at home
- Learn how to use and clean any devices
- Arrange delivery or pickup of supplies
- Prepare a safe, comfortable space to recover
- Arrange help with transport and daily tasks

## Warning Signs to Watch For

- Ask which symptoms mean you should call the doctor
  - Ask which symptoms mean you should seek emergency care
  - Write down the signs and who to contact
  - Keep the list visible at home
  - Share the warning signs with your caregiver
- For severe symptoms, call your local emergency number

## Important

- This checklist is general information only and is not medical advice; follow the discharge instructions and care plan from your hospital team and doctor, and contact them with any questions
- If serious symptoms develop at home, call your local emergency number