



## **Post-Hospitalization Checklist**

- List of prescription drugs, over-the-counter drugs, supplements and vitamins, including regular dosage and medication time
- Obtain a list of home medical equipment (ex: walker, hospital bed) to facilitate your recovery at home (***you should plan to acquire and install this equipment prior to discharge.***)
- Appointment Schedule
  - If you require regular therapy, testing or medical check-ups, write down a schedule of your appointments, including contact information for each.
- Receive a demonstration of any tasks that require special skills (***ex: changing a bandage.***)
- Consult with your discharge team about common problems for patients with your health condition, what you can do to reduce your risk and what you should do in the event of emergency.
- Speak with a social worker (***if have concerns about coping with your illness.***)
  - A social worker can provide you and your family with information on managing your illness, support groups and other resources.
- Written discharge instructions and a summary of your current health status
  - Bring this information and your medication list with you to any follow-up medical appointments.