

Leaving hospital checklist

Take this checklist with you to hospital, and make sure you can tick every box before you go home. If there are any items that you can't tick, ask your doctor or nurse.

- I have been involved in decisions about what will take place after I leave hospital.
- I have a plan for where I will go after I leave hospital.
- I understand what my medications are, what they are for and how to take them.
- I understand the potential side effects of my medications and what to do if I experience them.
- I know what symptoms or 'red flags' to watch out for that may indicate there is a problem, and what to do if I notice them.
- I understand how to keep any health problems from becoming worse.
- I have had all of my questions answered by either my nurses or my doctor.
- My carer, family member or someone close to me knows that I am coming home and how they can help me once I leave hospital.
- I have a follow-up appointment booked with my doctor, and I have organised transportation to this appointment.
- I have a copy of my discharge summary for my personal records and another copy has been sent to my GP.
- I have the name and phone number of people I should contact if a problem arises when I get home.