



Your Hospital Discharge Checklist



Sometimes, even when you've done everything right, you cannot avoid a hospitalization. When that happens, the goal is for you to get in and get out as quickly as possible. Therefore, it makes sense to plan for your discharge right from the start. Use this Your Hospital Discharge Checklist to prepare for your discharge. If you need help in completing the checklist for any reason, ask a friend, family member, or even a facility or hospital staff member to assist you.

	Action	Notes
Your Health		
<input type="checkbox"/>	Ask the staff about your health condition and what you can do to help yourself get better.	
<input type="checkbox"/>	Ask about problems to watch for. <ul style="list-style-type: none"> • Ask what to do about them. • Ask for/write down the name and phone number of a person to call if you have problems. 	
What's Ahead?		
<input type="checkbox"/>	Ask where you'll get care after you leave the hospital. <ul style="list-style-type: none"> • Do you have options, like home health care? • Be sure to let staff know what you prefer. 	
<input type="checkbox"/>	Make sure you have a caregiver in place that can help you after discharge. <ul style="list-style-type: none"> • Write down their name and phone number. • Ask hospital staff to note your caregiver's name/ phone number in your medical record. 	
Recovery and Support		
<input type="checkbox"/>	Ask if you'll need any medical equipment. <ul style="list-style-type: none"> • Make note of who will arrange for the medical equipment. Write down the name and phone number of a person to call if you have any questions about medical equipment.	
<input type="checkbox"/>	Ask staff to show you and your caregiver, as appropriate, any tasks that will require special skills, like changing a bandage or giving a shot. <ul style="list-style-type: none"> • Have staff observe you or your caretaker perform these specialized tasks to ensure you are doing them correctly. 	

 Action	Notes
Recovery and Support (cont.)	
<input type="checkbox"/>	<p>Ask if you're ready to do the following activities on your own or if you will need assistance:</p> <ul style="list-style-type: none"> • Bathing/dressing • Using the bathroom • Climbing stairs • Cooking • Food shopping • House cleaning • Paying bills • Getting to doctors' appointments • Picking up prescriptions <p>Circle the ones you think you'll need help with and let staff know—before you leave the hospital.</p>
<input type="checkbox"/>	<p>Ask for written discharge instructions and a summary of your current health status.</p> <ul style="list-style-type: none"> • Make sure you can read and completely understand the instructions. <p>Bring this information to any of your follow-up doctor's' appointments.</p>
Dialysis-Related	
<input type="checkbox"/>	<p>Ask if your hospital records have been shared with your facility.</p>
<input type="checkbox"/>	<p>Ask staff what your dry weight was from your last dialysis treatment.</p>
<input type="checkbox"/>	<p>Ask if you need to follow a special fluid management regimen.</p>
<input type="checkbox"/>	<p>Ask if your dialysis treatment orders have changed or if you require anything new at dialysis.</p>

If you think you're being asked to leave a hospital or other health care setting (discharged) too soon: You may have the right to ask for a review of the discharge decision by the Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) before you leave the hospital. A BFCC-QIO is a group of doctors and other healthcare experts under contract with Medicare that reviews complaints and quality of care for people with Medicare. To get the phone number for your BFCC-QIO, visit www.medicare.gov/contacts or call 1.800.MEDICARE (1.800.633.4227). You can also ask the staff for this information.

For more information on your right to appeal, visit www.medicare.gov/appeals.

