

# Hospital Discharge Checklist

Prepare for your discharge from the hospital right from the start. After you are discharged, if you are unsure about any part of your follow-up care, call your dialysis facility. Your team will help you. **Check off the boxes as you complete the tasks before discharge:**

## Care Team

- Talk with my care team to be involved with healthcare decisions.
- Have a caregiver in place to help after discharge.
  - Ask the hospital staff to add my caregiver's name and phone number to my medical record.
- Ask the hospital staff to show me/my caregiver all tasks that will need special skills, like changing a bandage or giving a shot.
- Talk with my care team about pain management.
  - Ask who to follow-up with after discharge for pain management.

## Home or Rehabilitation Center

- Ask my healthcare team if I am being discharged to my home or a rehabilitation center.
  - Talk with my healthcare team about my safety at home.
- Ask if I am ready to do the following on my own or if I will need help:
  - Bathing/dressing
  - Climbing stairs
  - Cooking / Food shopping
  - House cleaning
  - Going to doctor appointments
  - Picking up medicines

*Circle what you you'll need help with and let staff know—before you leave the hospital.*

Notes: \_\_\_\_\_

## Medicines or Equipment

- Understand the medicines prescribed to me. I know how and when to take them.
  - Bring all medicines with me to my follow-up doctor appointments and next dialysis appointment.
  - Understand possible side effects of my medicines. Know who I should call if I have questions.
  - Ask if my diet should be changed because of new medicines.
- Ask about medical equipment, why I need it, and who will pay for it.
- Ask who will arrange for any medical equipment. Write down the name and phone number of who to call if I have questions.

## Dialysis

- Ask if my dialysis treatment orders were changed or if I require anything new at dialysis.
- Ask that my hospital records are shared with my dialysis facility and/or rehabilitation facility.
- Ask for written discharge instructions and a summary of my current health status.
- Bring these instructions with me to my follow-up doctor appointment and next dialysis treatment.
- Write down my dry weight and share with my dialysis facility.
- Ask what my daily fluid allowance (intake) is. Share with my dialysis facility.

Notes: \_\_\_\_\_

If you have Medicare and have concerns about your discharge, find your Quality Improvement Organization for information: [gioprogram.org/locate-your-qio](http://gioprogram.org/locate-your-qio).

Are you interested in learning more about staying healthy after your hospital visit? Visit [www.esrdncc.org/patients](http://www.esrdncc.org/patients).

Do you have questions choosing a rehabilitation center? Visit [www.medicare.gov/care-compare](http://www.medicare.gov/care-compare) and compare facilities.

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