

- Update my medication list when my medications change
- Take my medications as directed
- Understand what medications to take and when, and why it is important to take my medications
- Know the reason for taking my medication and how they help with my condition
- Let my healthcare providers know if I am having problems taking my medications



DISCHARGE PATIENT TIPS



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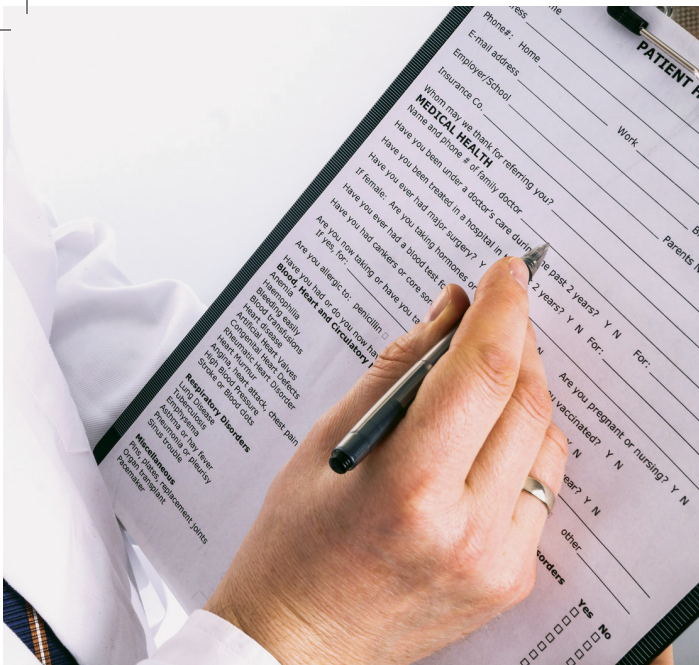
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A READMISSION IS WHEN:

- I am admitted to the hospital after being discharged for the same diagnosis (condition)

I CAN HELP PREVENT A READMISSION BY:

Understanding My Discharge Instructions

- Know what I need to do before and after I leave the hospital
- Ask questions when I do not understand my follow-up care instructions
- Arrange for the support and follow-up care I will need post discharge

Knowing the Conditions for which I was Hospitalized (Diagnosis)

- Understand the reason I was admitted to the hospital
- Know the potential complications and who to call if I need assistance
- Learn how my condition impacts me and my family

FOLLOWING UP WITH MY CARE: THINGS TO DO

- Be sure to communicate with my primary care provider
- Ask my healthcare team to help me find a primary care provider if I don't have one
- Schedule and go to all my follow-up appointments
- Keep a medical journal and bring it to all my appointments
- Include questions I want to ask the doctor at my follow-up visit
- Tell my primary care physician and other providers that I was admitted to the hospital
- Ask my provider if they have received all of my test results and medical reports
- Ask questions about what I need to do and why
- Understand and follow my post discharge activity and dietary plans

PROTECTING MYSELF FROM INFECTIONS

- Avoid people who are sick
- Wash my hands often
- Learn how to care for my surgical site

MANAGING MY MEDICATIONS

- Understand my post-discharge medications, and if they are different than before admission
- Keep a current list of my medications, including over-the-counter and herbal medications (note any allergies)
- Bring my current medication list to appointments and review the list with my doctors