

Discharge Preparation Checklist

Preparing for a loved one to be discharged from hospital can sometimes be a confusing and overwhelming time. Before your loved one is discharged be sure to ask questions about what you need to do to prepare for their return home. Make sure you ask for clarification if there is something that you don't understand. Your healthcare team is there to assist and support you.

✓	Questions to Ask	Comments
	Which doctor(s) needs to be seen after discharge (family doctor, specialists, etc.)? When are the appointments? What are the doctors' phone numbers?	
	Are there any tests that need to be done?	
	Can we have a list of the latest medications? Should medications that used to be taken, but are not on this list, still be taken (including vitamins and supplements)?	
	What number should we call if we have questions about medications?	
	Will any homecare services be provided after discharge (PSW, nursing, therapy, etc.)? Who should we contact if they don't show up?	
	What does my loved one need to do at home to get better (check weight, blood pressure, blood sugar, do exercises, etc.)?	
	Can you show us how to do tasks that require special skills (changing a bandage, giving a shot, etc.)? Can you watch us do it and let us know if we're doing it correctly? What number should we call if help is needed with these tasks?	
	What should we watch out for? What do we do if it happens and when should someone be called? What number do we call when there are problems?	
	Is any equipment needed at home (walker, oxygen, raised toilet seat, etc.)? Who will arrange this? What number should we call if there are questions about the equipment?	
	What foods should be eaten? What foods should be avoided?	