

Discharge Checklist:

What to Ask Before Your Parent Leaves the Hospital

Nearly 20 percent of patients have an adverse event after being discharged from the hospital. Understanding your parent's medications, needs and limitations will reduce their risk of needing to go back. Use this checklist to prepare for a smooth recovery.

What medications is my parent taking?

Medication	Purpose	Dose/frequency	Adverse interactions/side effects
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Are there any pending lab results?

Are there any special wound care instructions?

What are my parent's physical limitations?

What activities of daily living will they need help with?

Will my parent need any new medical devices and how should they be used?

Are there any dietary restrictions or protocols?

Will they need physical therapy and do you have a recommended provider?

What are warning signs that something is wrong?

Important contacts and local resources

Doctor:

Emergency nurse line:

Physical therapist:

Pharmacy:

Home health aides:

Adult day care:

Date of follow-up appointment

A final tip: Don't be shy. A hospital discharge comes with many responsibilities, and you may feel overwhelmed. If anything isn't clear, don't hesitate to ask for more information.