

THINGS TO KNOW BEFORE YOU LEAVE THE HOSPITAL

Name of the person who will pick you up: _____

Date and time: _____

Items you will need before leaving (e.g., clothing, wheelchair): _____

Your medical status (ask your health care team): _____

Warning signs to look for: Fever Redness Swelling

If you have any questions, call HealthLink BC at 8-1-1 or your doctor or nurse practitioner's office.

Other names and numbers of who to call if you have a question or problem: _____

Medications you need to take, and the dosage you'll be taking when you leave the hospital: _____

Why, when, and how you should take them and what possible side effects you should watch for.

How should you safely dispose of medications you no longer need to take? _____

When and how you'll receive any test results: _____

Scheduled follow-up appointments you may need (such as physiotherapy), including information about days and times of the appointments, or information about how to make them. _____

How and when to change bandages and dressings: _____

How active can you be? This might include physiotherapy or tips on avoiding a fall, and instructions on exercise and activities to avoid. _____

What you can and can't eat or drink: _____

Any changes you need to make to your home environment: _____

Any home care arrangements that need to be made: _____
