

Planning to leave the hospital.

We want your transition to your home or other environment to be as smooth as possible. Here is some helpful information about the discharge process, as well as guidance for medication plans, follow-up care and more.



When will I be discharged?

When it is time for you to leave the hospital, your physician will authorize your discharge. This does not necessarily mean that you are completely well, but that you no longer require in-hospital care. Most patients look forward to returning home. However, if you disagree with your discharge, you or your healthcare agent (an alternate decision-maker of your choosing) can contact your insurance provider to learn how to appeal your doctor's decision.

Build a plan.

We encourage you to develop a plan, in advance, regarding any new medical or caregiving needs you may have following discharge. We provide a discharge plan form that will help with this process. Ideally, you should fill out this plan before you visit the hospital, but if you have not done so it is not too late.

The planning process will involve your nurse and could also include a discharge planner, care coordinator, social worker and/or nurse navigator social worker. Your doctor will work with these health professionals to make arrangements related to your medical needs, including home health care, durable medical equipment, rehabilitation, or placement in another care facility, if necessary. If you have concerns regarding your care or needs after leaving the hospital, please ask your doctor or nurse to speak with your primary care physician or care coordinator regarding your discharge plan.

Before you leave the hospital.

Your plan may include more details, but these are important things to consider as you get ready to leave the hospital.

- Please ensure you or your caregiver has made arrangements for: the clothes you will wear when you leave, transportation to your home, and a key to enter your home in case no one is there.
- Your nurse will provide you with discharge instructions that will include a list of medications to be taken after discharge. Review this list with your nurse before you leave the hospital.
- Know which medications you should take and when, and be sure you understand the correct dosages. Ask your physician or nurse if you are unsure/if you have any questions.
- Do not resume medications you have at home without checking with your nurse or physician first.
- When possible, please fill all of your new medication prescriptions

prior to going home. Please ask your nurse to send all new prescriptions to your preferred pharmacy, or select a pharmacy that will deliver the medications to the hospital. You will need to follow-up with a doctor within a week of your discharge. When possible, please arrange your follow-up doctor's appointment while you are still in the hospital. Please tell your nurse or doctor if you have any difficulty with obtaining an appointment.

- Clarify your recommended activity level with your physician and care team, and know which activities you should avoid.

MEDICARE BENEFICIARIES. If you are a Medicare beneficiary, admitted as an inpatient, please be sure you read "An Important Message from Medicare." You will receive this shortly after you are admitted. This document details your rights and lets you know whom to contact to appeal your discharge. This information does not apply to outpatients, including outpatients under the Observation level of care.