

# My Care Guide

I came to hospital on \_\_\_\_\_ and left on \_\_\_\_\_

I came in because I have \_\_\_\_\_

 *my own notes*



## Medications I need to take

My medications, their purpose and possible side effects, have been explained to me.



## How I might feel and what to do

How I am feeling:

What to do:





## Changes to my routine

Activity

Instruction

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Appointments I have to go to

Go see \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

Location: \_\_\_\_\_ ☎ \_\_\_\_\_  booked

Go see \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

Location: \_\_\_\_\_ ☎ \_\_\_\_\_  booked

Go see \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

Location: \_\_\_\_\_ ☎ \_\_\_\_\_  booked

Go see \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

Location: \_\_\_\_\_ ☎ \_\_\_\_\_  booked

Go see \_\_\_\_\_ for \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

Location: \_\_\_\_\_ ☎ \_\_\_\_\_  booked



## Where to go for more information

For \_\_\_\_\_ call/go to \_\_\_\_\_ ☎ \_\_\_\_\_

For \_\_\_\_\_ call/go to \_\_\_\_\_ ☎ \_\_\_\_\_

For \_\_\_\_\_ call/go to \_\_\_\_\_ ☎ \_\_\_\_\_

For \_\_\_\_\_ call/go to \_\_\_\_\_ ☎ \_\_\_\_\_

For \_\_\_\_\_ call/go to \_\_\_\_\_ ☎ \_\_\_\_\_