



Patient-oriented discharge summary (PODS).
Before you go home, 5 things you need to know:

- **S**igns and symptoms to watch out for
- **M**edication instructions
- **A**ppointments
- **R**outine and lifestyle changes
- **T**elephone numbers and info to have handy

If there is anything
you don't
understand **ASK**

WE'D LIKE TO HEAR FROM YOU!

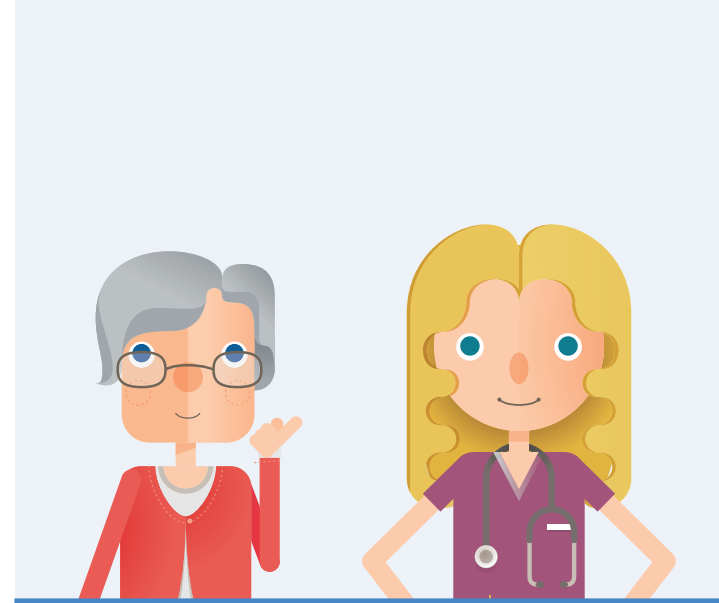
Contact us:

WEBSITE

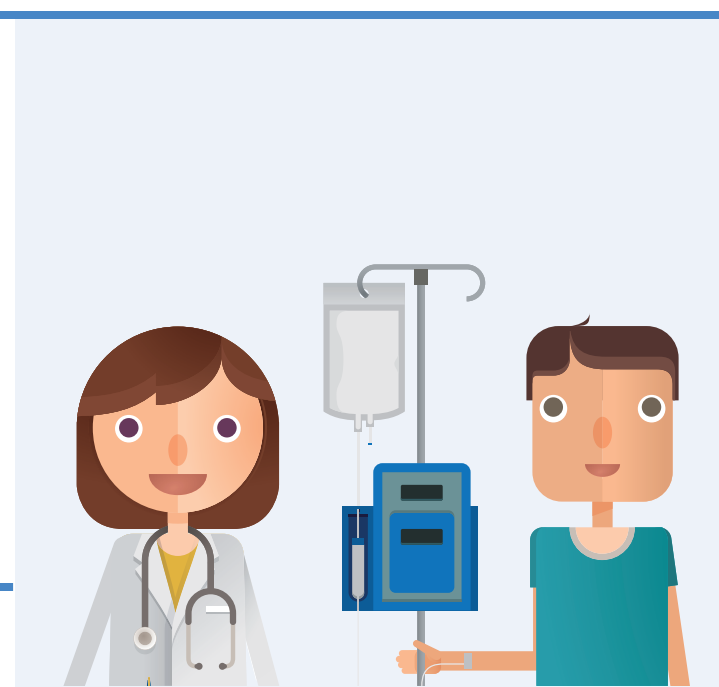
www.pods-toolkit.uhnopenlab.ca/contact-us/

E-MAIL

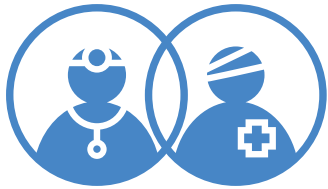
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PATIENT GUIDE



PODS was created by caregivers and patients like you.



WHAT TO EXPECT

Your health care provider will give you a PODS and go through it with you. You will be told about your medications, upcoming appointments, how you can expect to feel, danger signals and what to do, and any lifestyle changes you need to make. You will also be given pointers to useful information and contact information with phone numbers.

IF THERE IS ANYTHING YOU DON'T UNDERSTAND OR IF YOU HAVE ANY QUESTIONS ABOUT YOUR FOLLOW UP CARE, ASK

Common phrases
Your doctor may not realize he is talking in another language, for example, some common translations are:

COMMON INSTRUCTION

Take this medication 4 times a day

Go see your primary caregiver within the next seven days

PLAIN LANGUAGE TRANSLATION

Take this pill with breakfast, lunch, and dinner, and at bedtime

You need to have an appointment with a doctor who knows you by next Monday

“This is a great piece. You guys are doing an awesome job. This would have saved me so much anxiety and fear of doing something wrong when I was discharged...Thanks for caring!”

PATIENT

