



5A discharge guide for patients and families

To be discharged home:






- You should not be vomiting
- You should be passing gas
- You should be able to eat and drink
- You should be mobilizing safely
- Your pain should be controlled on oral pain medication


Before you leave the hospital you will need to know:



- About prescriptions for pain or any new medications
- How to care for your surgical incision
- What are concerning signs and symptoms to watch for
- Who to call to arrange follow up or if you have questions or concerns
- What other necessary services you may need at home


Look inside for a guide to help you keep track of your home medications, how you may feel and what to do, changes in activity, equipment, follow-up appointments, and who to contact for more information.





 Medications I need to take				Morning	Noon	Afternoon	Night
	Name	Dose	What is it for				
1							
2							
3							
4							
5							
6							
7							
8							

 **Quick tip:**
Ask for your prescriptions the day before you go home to get them filled in advance!

 How I might feel and what to do	
 Go to the emergency department (ED) when you feel/have...	
_____ _____ _____	
Call our office when you feel/have...	
_____ _____ _____	
Call your family doctor when you feel/have...	
_____ _____ _____	
It will be normal to feel/have...	
_____ _____ _____	

 Changes to my routine			
	Activity (e.g. dietary, physical)	Instruction	Equipment (if necessary)
1			
2			
3			
4			
5			

 Appointments I have to go to				
1	Go see	For	On	At
	Location		Phone #	Booked?
2	Go see	For	On	At
	Location		Phone #	Booked?
3	Go see	For	On	At
	Location		Phone #	Booked?
4	Go see	For	On	At
	Location		Phone #	Booked?

 Where to go for more information			
	For	Call/go to	Phone #
1			
2			
3			