

Let's get you home.



When you go to the hospital, don't put too much trust in your memory. Patients are often too stressed out or not in the right state of mind to absorb a lot of information. This is especially true when you're about to leave the hospital, because this is a time when lots of important care instructions are given.

Knowing exactly what you need to do once you get home from hospital will help with your recovery and avoid potential harm from doing the wrong thing.

The Patient Oriented Discharge Summary (PODS) was created with the help of patients like you. It is a simple way to make sure that patients and their families always get the 5 key pieces of information they need to manage their health after the hospital stay:

- 1. Medications you need to take
- 2. How you might feel and what to do
- 3. Changes to your routine
- 4. Appointments you have to go to
- 5. Where to go for more information

Many hospitals in Ontario are using **PODS** as part of their discharge process. If your hospital is using **PODS**, you can expect that your health care provider will give you a **PODS** and go through it with you.

If your hospital is not yet using **PODS**, you can ask for one or use the accompanying worksheet to write down all of this information. And if there is something you don't understand, ask the hospital staff for help.

Supported by



My Care Guide

I came to hospital on _____ and left on _____
I came in because I have _____

Medications I need to take

My medication list has been provided to me and explained. ☐

How I might feel and what to do

I might feel:	What to do:
_____	_____
_____	_____
_____	_____
_____	_____

Go to Emergency if:

Changes to my routine

Activity (e.g. diet, physical activity):	Instruction:
_____	_____
_____	_____
_____	_____
_____	_____



Location/contact: _____ ☐ booked

Location/contact: _____ ☐ booked



For _____ call/go to _____

