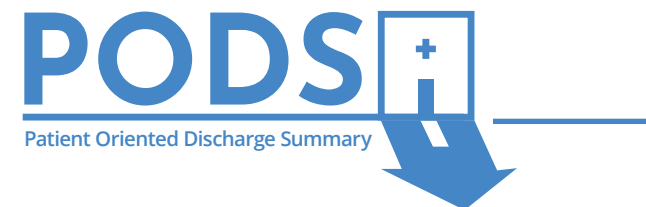


Before you go home, there are 5 things you need to know:

If there is anything you don't understand ASK!



What medications you need to take.



How you might feel and what to do.



Changes to make in your routine.



Appointments you have to go to.



Where to go for more information.

We'd like to hear from you!

Contact us:

Website

pods-toolkit.uhnopenlab.ca

e-mail

Shoshana.hahn-goldberg@uhn.ca

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.



Your doctor may not realize he is talking in a different language, here are some common translations:

Common Instruction

Plain Language Translation

Take this medication 4 times a day.

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

Go see your primary caregiver within the next seven days.

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