

Hospital Discharge Checklist

What to ask and arrange before a loved one comes home



The days right after a hospital stay are when families feel most lost and when mistakes are most likely. Work through this list **before** you leave the hospital. Ask for the discharge planner or case manager by name.

1. Before discharge: ask the care team

- ☐ What was the main reason for this hospital stay, and what changed?
- ☐ What warning signs should we watch for at home, and who do we call if we see them?
- ☐ Which medicines are **new**, which **stopped**, and which **changed**? Can we get a written list?
- ☐ When is the follow-up appointment, with whom, and who is scheduling it?
- ☐ Are any tests, labs or results still pending? Who will tell us the results?
- ☐ Will we need medical equipment (walker, shower chair, oxygen, hospital bed)? Who orders it?
- ☐ Will we need home health, physical therapy or help at home? Has a referral been sent?
- ☐ Are there activity, diet or driving restrictions? For how long?
- ☐ Who do we call at night or on the weekend if something goes wrong?

2. On the day of discharge

- ☐ We have the written discharge instructions and medication list in hand
- ☐ Prescriptions are sent to our pharmacy (and we know which pharmacy)
- ☐ Transportation home is arranged, including help getting into the house
- ☐ Someone will stay with the person for the first night if needed
- ☐ We have all personal items, glasses, hearing aids and dentures

3. First week at home

- ☐ Pick up all new prescriptions and remove stopped medicines from use
- ☐ Set up the home: clear walkways, night lights, essentials within reach
- ☐ Confirm the follow-up appointment date, time and transportation
- ☐ Write down questions as they come up for the next visit

Key contacts

ROLE	NAME	PHONE
Discharge planner / hospital case manager		
Primary doctor		
Pharmacy		
Home health or therapy agency		



Need help with the next step? Book a free 15-minute Next-Step Call.

470-206-8648 · admin@1stacuvemascm.com · 1stacuvemascm.com

For general education only. Not medical, legal, or financial advice. In an emergency, call 911.