

YOU ARE DISCHARGED FROM THE HOSPITAL



WHAT NOW?



Questions To Ask When Preparing For Discharge



Tool to Help Find Resources: <https://novascriptscentral.org/compass/>

01

MEDICATIONS

- What medications will I be starting/discontinuing?
- Will these be sent to my usual pharmacy?
- What medications are prescriptions and which are over the counter?
- How do I take these new medications?



WHAT IF I CANNOT AFFORD MY MEDICATIONS?

LET YOUR DOCTOR KNOW! THERE ARE PROGRAMS AND COUPONS AVAILABLE!



CREATE AN UPDATED MEDICATION LIST TO HAVE WITH YOU AT ALL TIMES!



02

FOLLOW-UP

- When is my next appointment?
- Did I get a referral to see a different/new doctor?
- Who do I go to for my follow-up?



03

DIET



- Do I need to make any changes to my diet?
- Do I need to limit sugar, salt, calories?
- Are there fluid requirements/restrictions?
- What special instructions/recommendations are there?



04

ACTIVITY

- Do I need to make any changes to my physical activity?
- Do I have to increase my physical activity?
- Are there certain activities that need to be limited?
- If so, for how long?



05

ASK YOUR INSURANCE ABOUT...



TRANSPORTATION



HOME CARE



BASIC SERVICES