

# Going Home

After an illness or injury, some things may change in your life. Make sure you and your family know the answers to these questions before you go home from the hospital.

## Medicines

- Am I taking any new medicines?
- What does each medicine do?
- How much of each medicine and how often should I take it?
- What times should I take them?
- Who do I call if I get a side effect?
- Should I still take the medicines I was taking before going into the hospital?
- How long do I need to take each medicine?

## Pain

- Which medicines should I take for pain?
- How often should I take the medicine? Should I take them only when needed?
- Are there things I should not do while taking pain medicine?
- What can I do to reduce the pain?

## Diet

- Is there anything I should not eat or drink?

### **Activity**

- Should I limit my activity?
- Can I drive?
- Are there special exercises I should do?
- When can I go back to work?
- When can I do my regular exercise program?
- Can I resume sexual activities?

### **Follow-up Care**

- When is my next doctor visit?
- Should I call to schedule an appointment?

### **Care of Incisions**

- Can I bathe or shower?
- What are the signs of infection and bleeding?
- How should I care for the incision?

### **Equipment**

- Do I need special equipment?
- How and when will I use it?

### **Hospital Bill**

- How can I find out how much of my bill my insurance / Medicaid pays and how much I owe?
- Is there someone who can help me figure out my hospital bills?

**Talk to your doctor or nurse if you have any questions or concerns.**

**Some useful phone numbers:**

Social Work \_\_\_\_\_

Financial Services / Billing \_\_\_\_\_

Doctor's Office \_\_\_\_\_

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