

# 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?

# 退院

病気や負傷の後では、生活の一部が変化することがあります。退院後に帰宅する前に、あなたやご家族が以下の質問に対する答えをわかっているかどうかを確かめてください。

## 投薬

- 新たに服用する薬はありますか？
- それぞれの薬の効用は？
- それぞれの薬の服用量と、服用回数は？
- 服用する時刻は？
- 副作用が生じた場合の連絡先は？
- 病院にかかる前に服用していた薬を退院後も服用しますか？
- それぞれの薬はいつまで服用する必要がありますか？

## 痛み

- 痛みを感じたときに服用する薬はどれですか？
- 薬を服用する間隔は？ 必要なときのみ服用しますか？
- 鎮痛薬を服用したときの禁止事項はありますか？
- 痛みを和らげるためにできることは？

## 食事

- 禁止されている飲食物はありますか？

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## **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?

## 行動

- 行動に制限はありますか?
- 車を運転しても良いですか?
- 特別な運動は必要ですか?
- 仕事に復帰できる時期は?
- 通常の運動プログラムをこなせるようになる時期は?
- 性生活は可能ですか?

## 退院後の治療

- 次回の医師の診察はいつですか?
- 電話で診察を予約する必要がありますか?

## 切開部の注意事項

- お風呂やシャワーは可能ですか?
- 感染や出血の兆候とは?
- 切開部対して何を注意しますか?

## 機器

- 特別な機器が必要ですか?
- 使用方法および使用のタイミングは?

## 治療費の支払い

- 請求額のうち保険/医療扶助で支払われる金額はどのようにして調べますか? 自己負担はいくらになりますか?

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- 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 \_\_\_\_\_

- 病院からの請求書を確認するときにアドバイスしてくれる人はいますか?

質問や不明な事項については、主治医または看護師にご相談ください。

役に立つ電話番号:

福祉サービス \_\_\_\_\_

金融サービス/請求 \_\_\_\_\_

医院 \_\_\_\_\_

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