

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?

回家

在生病或受伤之后，您生活中一些事情可能有改变。在您出院回家之前，请确定您和您的家人知道以下问题的答案：

药物

- 我要服用任何新药吗？
- 每一药物的作用是什么？
- 每一药物我应服多少以及服药多少次？
- 我应该何时服药？
- 如果我有副作用，该给谁打电话？
- 我仍应服用我去医院之前服用的药吗？
- 我需要服用每一药物多长时间？

疼痛

- 我该服哪一种药止痛？
- 我该服用此药多少次？我只是在需要时才应服用此药吗？
- 我在服用止痛药时有任何禁忌？
- 我能做什么以减少疼痛？

饮食

- 我应当忌食忌饮什么？

活动

- 我应该限制活动吗？
- 我能开车吗？
- 有我应该做的特别锻炼吗？
- 我何时能回去工作？
- 我何时能做我的正常锻炼项目？
- 我能重新开始性生活吗？

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 _____

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

后续医疗

- 我下一次看医生是什么时间？
- 我应当打电话约诊吗？

切口的护理

- 我能洗澡或冲淋浴吗？
- 感染和流血的征兆是什么？
- 我应该怎样护理切口？

设备

- 我需要特别的设备吗？
- 我将怎样以及何时使用设备？

医院帐单

- 我如何查明我的保险/医疗补助计划（Medicaid）为我的帐单付多少钱以及我欠多少钱？
- 有没有什么人能帮助我了解我的医院帐单？

如果您有任何疑问或关注事宜，请告知您的医生或护士。

一些有用的电话号码：

社会工作_____

财务服务/帐单_____

医生诊所_____

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Going Home. Simplified Chinese.