

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?

回家

在生病或受傷之後，您生活中一些事情可能有改變。在您出院回家之前，請確定您和您的家人知道以下問題的答案：

藥物

- 我要服用任何新藥嗎？
- 每一藥物的作用是什麼？
- 每一藥物我應服多少以及服藥多少次？
- 我應該何時服藥？
- 如果我有副作用，該打電話給誰？
- 我仍應服用我去醫院之前服用的藥嗎？
- 我需要服用每一藥物多長時間？

疼痛

- 我該服哪一種藥止痛？
- 我該服用此藥多少次？我只是在需要時才應服用此藥嗎？
- 我在服用止痛藥時有無任何禁忌？
- 我能做什麼以減少疼痛？

飲食

- 我應當忌食忌飲什麼？

活動

- 我應該限制活動嗎？
- 我能開車嗎？
- 有我應該做的特別運動嗎？
- 我何時能回去工作？
- 我何時能做我的正常運動項目？

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- 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.

<p>Some useful phone numbers:</p> <p>Social Work _____</p> <p>Financial Services / Billing _____</p> <p>Doctor's Office _____</p>
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- 我能重新開始性生活嗎？

後續醫療

- 我下一次看醫生是什麼時間？
- 我應當打電話約診嗎？

切口的護理

- 我能洗澡或淋浴嗎？
- 感染和流血的徵兆是什麼？
- 我應該怎樣護理切口？

設備

- 我需要特別的設備嗎？
- 我將怎樣以及何時使用設備？

醫院帳單

- 我如何查明我的保險/醫療補助計劃（Medicaid）為我的帳單付多少錢以及我欠多少錢？
- 有沒有什麼人能幫助我了解我的醫院帳單？

如果您有任何疑問或顧慮，請告知您的醫生或護士。

一些有用的電話號碼：

社會工作 _____

財務服務／收費 _____

醫生診所 _____

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