

Hospital-to-Home Discharge Packet

The first 72 hours after discharge are the riskiest. Be ready.

Bring this packet to the discharge meeting. Have the nurse fill in the blanks before you leave the hospital.

PATIENT & CONTACTS

Patient name

Date of discharge

Hospital & unit

Discharge nurse

Primary care doctor & phone

Specialist(s) to follow up with

DIAGNOSIS & INSTRUCTIONS

Reason for hospitalization

New diagnosis (if any)

Activity restrictions

Diet restrictions

Warning signs that mean call 911

MEDICATION RECONCILIATION

Medication	Old dose	New dose	Start / stop

FOLLOW-UP APPOINTMENTS

Who	When	Where	Bring

EQUIPMENT & SUPPLIES

- Walker / wheelchair / cane delivered
- Hospital bed or commode delivered
- Oxygen set up
- Wound care supplies on hand
- Home health agency scheduled (first visit date: ____)

72-HOUR WATCH LIST

- Fever over 100.4°F, chills, or new confusion
- Shortness of breath, chest pain, or swelling in legs
- Wound that is red, warm, draining, or opening up
- Not eating, not drinking, or not urinating in 8+ hours
- Falls — record what happened and call the doctor