

# 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:

## 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 and concerns.**

Some useful phone numbers:

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

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

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