

# 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?

# 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，該給誰打電話？
- 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不該做的事情？
- 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？
- 我能重新開始性活動嗎？

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## **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 \_\_\_\_\_

## 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

- 我能洗澡或沖淋浴嗎？
- 感染和流血的症狀是什麼？
- 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

- 我如何能搞清楚我的保險/醫療補助計劃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搞清楚我的醫院帳單？

如果您有任何疑問或關注事項，請告知您的醫生或護士。  
一些有用的电话号码：

社会工作 \_\_\_\_\_

財務服務/帳單 \_\_\_\_\_

醫生診所 \_\_\_\_\_

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