

# Be Prepared to Go Home Booklet

Before you leave the hospital, we want to make sure you feel ready to be at home. During your hospital stay, your doctors and nurses will make sure to answer your questions and address your concerns. We want you to have all the information you need.

This booklet has a checklist, questions to ask your doctor or nurse, and space to write.

Use the **checklist** to see what information you still need from us as you or your family member prepare to go home. If you cannot check a box, use the **questions** listed to ask your doctor or nurse about the information you need. Use the **space to write** additional questions or answers to your questions.



Agency for Healthcare Research and Quality  
Advancing Excellence in Health Care • [www.ahrq.gov](http://www.ahrq.gov)

## I feel confident that I or someone close to me can take care of me when I leave the hospital.

Before leaving the hospital, you will get written instructions about your care.

Make sure you understand these instructions. Repeat these instructions back to the doctor or nurse in your own words. That way, you can make sure you understand what you need to do. If you do not understand, ask your doctor or nurse to explain things more clearly.

### Ask:

- How do I take care of any wounds, cuts, or incisions? Can you show me how to do this?
- What foods or drinks should I avoid? For how long?
- Are there any activities I should not do like driving, sex, heavy lifting, or climbing stairs? For how long?
- What exercises are good for me? When can I start doing them? How often should I do them?
- What do I need to do to make my home safer?

## Tips for Going Home

Patients and families at [insert hospital name] wrote these tips to help you get ready to go home:

[Use patient and family advisors to tailor this list to your hospital.]

- Write down what your doctors and nurses say.
- Ask questions again until you understand the answers.
- Make lists of what needs to be done, who can do it, and who can help.
- Talk with someone else who has been in your situation to help you prepare and know what to expect.
- Talk to other people in the hospital, such as social workers, chaplains, and other patients, about your care or other support you may need.

## Going Home Too Soon?

If you feel that you are going home before you are ready, call [insert name] at [phone number].











