

**I feel confident that I or someone close to me can take care of me at home.**

**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 and how often should I do them?
- What do I need to do to make my home safer?

**My family or someone close to me knows I am coming home and knows the next steps in my care.**

**Ask:**

- Will I need help when I get home? If so, who will help me? What do they need to do to get ready?
- What should I do if there is no one at home who can help me?

**I know what my medicines are and how to take them.**

**Ask:**

- What medicine(s) do I need to take when I leave the hospital? Do I take the same medicines that I took before I went into the hospital?
- What is the name of this medicine? Is this the generic or brand name?
- Why do I take this medicine?
- When and how do I take this medicine?
- How much do I take?
- What does this medicine look like?
- What are potential side effects of this medicine? What problems do I need to look out for?
- Will this medicine interfere with other medicines, foods, vitamins, or other herbal supplements I take?
- Where and how do I get this medicine? What medicines can I take for pain? Upset stomach? Headaches? Allergies?

**I know what problems to look for and who to call if I have problems at home.**

**Ask:**

- What problems do I need to watch for when I get home? If I have problems, how do I know when I should call?
- Who do I call if I have questions or problems when I get home?
- If I have questions about my care after I leave the hospital, should call \_\_\_\_\_ at \_\_\_\_\_

**I know when my follow-up appointments are and how to get there.**

**Ask:**

- What appointments do I need after I leave the hospital? Can the hospital help me make these appointments?
- Am I waiting on results of any tests? When should I get the results?
- Are there tests I need after I leave the hospital?

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## I know about other help I need at home.

### Ask:

- When I get home, what kind of help or care will I need? Should someone be with me all the time?
- Will I need home nursing care? For how long? Who pays for it?
- Will I need physical or occupational therapy for help with exercises or relearning how to do things? For how long? Who pays for it?
- Will I need help eating, bathing, or going to the bathroom? For how long?
- Will I need any equipment, such as crutches or oxygen? Where do I get it? Who pays for it? How do I use it?

## My doctors or nurses answered all of my questions.

You may have other questions or concerns that are not in this checklist. Please ask us your questions. Make sure you have your answers **before** you leave.

## Tips for Going Home

Patients and families at Sanford Worthington Medical Center wrote these tips to help you get ready to go home:

- Write down what your doctors and nurses say.
- Ask questions until you understand and get the answers you need.
- Make lists of what needs to be done, who can do it, and who can help.
- Talk with someone 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 help you may need.

## Going Home Too Soon?

If you feel that you are going home before you are ready, call Laura Hoffman at 507-372-3307 or ask to speak to the Administrative Supervisor.

## Be Prepared To Go Home Checklist

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

Use this 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.

