

I'm ready to go home checklist

1 Supports

- My follow-up GP appointment is
- My follow-up appointment with my surgeon is
- Any other follow-up appointments
-
- Contact name and number (if I need help)
-

2 Going home

- I know my discharge date
- I know who to contact if I need to seek help
- Pick-up from hospital arranged

Notes

3 Discharge plan

- I have been given a copy of my discharge plan
- I have the equipment I need
- I know how to manage my wound
- I have a way to get home
- I have services arranged if I need them
- I have a medical certificate

Notes

4 Returning to usual activities

I know when I can return to:

- Driving
- Work
- Exercise

Notes

5 My restrictions after surgery

- Lifting restrictions
- Diet restrictions
- Walking restrictions

Notes

6 Medications plan

- I have been given my medication plan by a member of my healthcare team
- I know when to recommence medication that were stopped for my surgery
- I understand any new medications I am taking e.g. blood thinning medication
- I know when/if I need to stop my new medications

Notes