

CREATING A SIMPLE RECOVERY PLAN WITHOUT FEELING OVERWHELMED

You do not need to recreate the hospital at home.

After discharge, keep the most important information in one place so you can focus on what happens next.

TODAY

- What medications need to be taken?
- What needs to happen today?

NEXT

- What appointments, tests, or follow-up still need to happen?

NOTICE

- What has changed since yesterday?
- Is recovery moving in the direction your healthcare team told you to expect?

QUESTIONS

- What do you need to clarify with the healthcare team?
- You do not need to keep a medical chart or document every detail.

Keep it simple: know the plan, notice meaningful changes, and write down your questions.

Our **free First 72 Hours After Discharge Checklist** gives you one place to organize those first few days at home.

Download the checklist and keep it with your discharge paperwork.

For general educational purposes only. This resource does not provide individual medical advice, diagnosis, or treatment. Follow your healthcare team's discharge instructions and seek appropriate medical care for new or worsening concerns.

FIRST 72 HOURS AFTER DISCHARGE CHECKLIST

A simple guide for the first few days at home

Patient: _____

Discharge Date: _____

Hospital/Facility: _____

BEFORE LEAVING

- ☐ I have the discharge instructions.
- ☐ I understand the basic plan for the first few days at home.
- ☐ I know what symptoms or changes the healthcare team wants us to watch for.
- ☐ I know whom to contact with questions.

MEDICATIONS

- ☐ We have an updated medication list.
- ☐ We know which medications were started.
- ☐ We know which medications were stopped.
- ☐ We know which doses or instructions changed.
- ☐ We know how to get any new prescriptions.

Medication question to clarify:

WHAT HAPPENS NEXT?

Follow-up with:

Date/Time: _____

Still needs to be scheduled: ☐ Yes ☐ No

Other test, appointment, or next step:

WATCHING RECOVERY

During the first few days, note meaningful changes and follow the specific recovery instructions provided by the healthcare team.

Today, compared with yesterday:

- ☐ Improving
- ☐ About the same
- ☐ Getting worse

Something I noticed:

KNOW WHO TO CALL

Primary care: _____

Specialist: _____

Pharmacy: _____

Other discharge contact: _____

Emergency contact: _____

ONE QUESTION I STILL NEED ANSWERED

Keep this checklist with your discharge paperwork for the first 72 hours at home.

This resource is for general educational purposes only and does not provide individual medical advice, diagnosis, or treatment.

Follow the discharge instructions provided by your healthcare team. If you believe someone may be experiencing a medical emergency, call 911 or seek immediate medical care.