

10 Questions to Ask Before You Leave the Hospital

A simple checklist to take with you on discharge day

Discharge day is busy and easy to rush. But the few minutes before you leave are your best chance to avoid confusion, repeat visits, and missed follow-ups later. Print this page or keep it on your phone, and ask these before you walk out. There are no silly questions — a good care team welcomes them.

My medicines

- 1 Which medicines are new, which continue, and which do I STOP?
- 2 What is each one for, and when exactly do I take it?
- 3 Are there foods, drinks, or other medicines to avoid with these?

Warning signs

- 4 What symptoms mean I should come back or call urgently?
- 5 What is normal to expect over the next few days, and what is not?

Follow-up

- 6 When and where is my next appointment — and who do I see?
- 7 Which reports, scans, or test results should I bring with me?

Daily life

- 8 What can I do and what should I avoid — work, lifting, driving, diet?
- 9 How do I care for any wound, stitches, tube, or dressing at home?

If something goes wrong

- 10 Who do I call after hours, and what number do I use?

Tip: write the answers down as you go — memory fades fast on a stressful day. If a family member can be with you, ask them to note the medicine timings too.

General wellness information — not medical advice. Always follow the guidance of your own doctor or care team. • More free guides at aimedilabs.com/resources • July 2026