

YOUR CARE & SAFETY CHECKLIST FOR: ADMISSION

Use this checklist to help you get information you may need when you are admitted to hospital

Tick when complete

Have you told a member of staff ...

- What medications you are taking?
- About any allergies you have?
- Which friends or relatives can be part of discussions about your care?
- Who staff should contact in an emergency?

Have you asked about ...

- What to expect whilst you are in hospital?
- Medicines you might be given to take in hospital?
- **!** Possible side-effects of these medicines?
- **!** What symptoms to watch out for & when?

Have you been told about ...

- Ward telephone & contact details for families?
- Visiting times for your ward?
- How to order your meals?

YOUR CARE & SAFETY CHECKLIST FOR: DISCHARGE

Use this checklist to help you get information you may need when you are about to go home

Tick when complete

Do you know ...

- **What to expect after you leave hospital?**
Questions you might ask:
 - Do you need special advice, e.g. wound care?
 - Will anyone come to see you at home?
 - Do you need a follow-up appointment?
 - Do you need to see your GP?
- **Who to contact if you need help or advice?**
Questions you might ask:
 - Are there any potential problems to look out for?
 - What should you do if you experience new symptoms?
 - What should you do if you begin to feel unwell?
 - Are there any letters I should have copies of?
 - Is there any written information about my health problem?
- **About the medications you have been given?**
Questions you might ask:
 - Have there been any changes to my usual medicines?
 - Have any of my usual medicines been stopped?
 - Can you explain any new medications to me please?
 - Why am I taking this? What is it for? How do I take it?
 - Are there any side effects I should be aware of?
 - Is there any written information about these medications?

! Ask staff to help update your medication list