

Post-Hospital Contact Sheet

*Who to call, for what.
Fill this in before you leave the building.*

For: _____

Date of birth: _____

IN AN EMERGENCY, CALL 911. Chest pain, trouble breathing, sudden weakness or trouble speaking, uncontrolled bleeding, or a fall with a possible head injury. This sheet is for everything in between, and it is never a reason to wait.

How to use this page: fill it in on discharge day, while the people who know the answers are still standing there. Write down who owns what, not just who they are. If you are not sure whether to call, call. Nobody has ever been annoyed with a family for calling too early.

WHO TO CALL

WHO	NAME & ORGANIZATION	PHONE	WHAT THEY OWN which problem belongs to them
Primary care office the default for most questions			
Nurse or after-hours line when the office is closed			
Hospital case manager get the name before you leave			
Discharging unit the floor, not the main line			
Specialist			
Specialist			
Pharmacy the one filling these prescriptions			
Home health agency scheduling and after-hours			
Equipment or oxygen ask for the 24-hour line			
Someone who can help family, neighbor, friend			
Someone who can help			

FIRST CALL FOR A QUESTION LIKE THIS

Something feels urgent or frightening
A new or worsening symptom, during office hours
The same, after hours or on a weekend
A question about the hospital stay itself, first few days
Something arranged at discharge never happened
A question about a medication
A missed visit or a scheduling problem
Equipment failure or an oxygen alarm

911
Primary care office
Nurse or after-hours line
Discharging unit
Hospital case manager
Pharmacy, or the prescriber
Home health agency
Supplier's 24-hour line