

What To Do After Leaving the Hospital



Being in the hospital can be scary. Did you know:

- 1 in 5 people go back to the hospital within 30 days
- 1 in 4 of these visits or readmissions can be prevented

After you go home from a hospital stay, there are things you can do to stay healthy and avoid needing to go back. Below are three steps you can take to stay well and avoid repeated hospital visits.



1. See your doctor within 7 days after leaving the hospital.

Bring these items to your visit:

- Any medications and supplements you take.
- Any papers you received at the hospital, including the list of medications you are given.
- A list of questions you want to ask your doctor.



2. Review your medication list.

- Make sure you know which medications you need to take and when to take them. This is often found in the papers you received when leaving the hospital. If you're not sure, check with your doctor.
- If you don't know why you need to take a medication or why a dose was changed, ask your doctor.
- Don't stop taking medications without talking to your doctor first.



3. Learn why you were in the hospital and how to stay healthy.

- Talk to your doctor about what caused your hospital stay. Ask what you can do to keep it from happening again.
- Ask for handouts or guides to help you learn about your health conditions. Learning about your health can help you live a healthier life and stay out of the hospital.



Tip: Learn what signs and symptoms to watch for if you start feeling sick.

Following these steps can help you stay healthy and avoid another hospital visit. You can also use these tips after an emergency department visit.

Healthmap Solutions is here to help you manage your health. To learn more, call Healthmap at **1-800-481-0474 (TTY: 711)**. Patients must meet program requirements to access Healthmap services.

1-800-481-0474 (TTY: 711) | www.healthmapsolutions.com/patient-resources

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2. Auerbach, A. D. *et al.* Preventability and Causes of Readmissions in a National Cohort of General Medicine Patients. *JAMA Intern. Med.* 176, 484–493 (2016).