



## MyCARE – What I need to do before I leave the hospital

It is never too early to start getting ready to go home. From the first day you are in the hospital, it is our job to help you get well enough so you can leave the hospital safely. Every day you should look at this list - talk to your care team about your medicines, what you will do at home, and your follow up care. Once you can answer a question, check that box. You'll know you are one step closer to going home.

### My medicines



- I know **why** I am taking each of my medicines.
- I understand the “side effects” of each of my medicines.  
If the side effects bother me, I should call my doctor.
- I know **how** to take each of my medicines.
- All of the prescriptions for my medicines are filled **OR**  
My medicines have been ordered and I have a plan to pick them up from the pharmacy.

### At home



- HELP AT HOME:** I have a plan for someone to help care for me when I leave.
- I know what medical equipment I'm going to need when I leave.
- I know what symptoms to look for.

### Leaving



- I have a ride to leave the hospital.
- I will have all my valuable items and belongings with me when I leave.
- I am confident that I can control and manage most of my health problems.  
*(if you can't say yes, please let us know what would it take to increase your confidence?)*

### Follow Up Visit



- My follow up visit is with \_\_\_\_\_.
- I will make this visit on this day \_\_\_\_\_ at this time \_\_\_\_\_.
- I have a ride to my follow up visit.

**Now I'm ready to go!**



at UNC REX Healthcare