

TALK Checklist

“Before you leave the hospital”



Take your medicines

- Get a list of your medicines and keep it with you
- Know the name of each of your medicines: why you are taking it, when you should take it and how much to take
- Get prescriptions filled and start taking them right away



Ask about your next appointment

- Schedule an appointment with your doctor before you leave the hospital
- Write down the date and time
- Keep the appointment even if you feel okay and talk with your doctor about anything that is important to you



Learn about problems to look for

Ask the doctors or nurses:

- If you have a new diagnosis
- For written information that explains the diagnosis
- How your condition will make you feel
- When you see your doctor tell them you were in the hospital and talk about the new diagnosis



Know why you were in the hospital

- Learn from your doctor or nurse problems that can happen and may need an immediate call to your doctor
- Call your doctor right away, if you are concerned about how you feel or have a problem Don't wait
- Keep your doctor's contact information close by