



Leaving the ER?

How to Prepare for a Smooth Discharge

Leaving the emergency room can feel overwhelming, especially after a stressful experience. Proper preparation for discharge can ensure a smoother recovery and help you avoid complications. Below are steps to take prior to leaving the ER:



Understand Your Diagnosis and Treatment

- ✓ Confirm your diagnosis and treatment plan.
- ✓ Ask questions about anything unclear.
- ✓ Take notes or have a companion document key details.



Review Discharge Instructions

- ✓ Read all written discharge instructions thoroughly.
- ✓ Clarify medication schedules, activity restrictions, and dietary guidelines.
- ✓ Understand symptoms or signs that require follow-up or a return to the ER.
- ✓ Schedule required or recommended follow-up tests or appointments with your primary care physician or specialist.



Ask About Medications

- ✓ Understand the purpose and dosage of new medications.
- ✓ Confirm potential side effects and interactions with current medications.
- ✓ Know where to fill your prescriptions.



Arrange Transportation and Support

- ✓ Ensure you have transportation home if needed.
- ✓ Arrange for help with daily tasks if your condition limits your abilities.



Following discharge, pay close attention to your symptoms. If your condition worsens or you notice any alarming signs (outlined in your discharge instructions), contact your doctor or return to the ER immediately. Make sure you file your discharge papers in a safe place for future reference. Share important details with your primary care provider during your follow-up visit.

By following this checklist, you can leave the ER feeling confident and prepared to manage your recovery effectively.



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