



SOUTHERN CROSS
CENTRAL LAKES HOSPITAL
QUEENSTOWN

Patient discharge checklist

Before you leave hospital

- Ensure you have received your Hospital Discharge Summary, understand the instructions given to you by your specialist, and have contact details for both your specialist and GP.
- Have a clear understanding of your recovery plan and the steps needed to reduce the risk of blood clots.
- Arrange a follow-up consultation with your specialist.
- Check all rehabilitation aids (for example crutches), which you need at home, have been organised.
- Have the information to arrange any follow-up rehabilitation support such as physiotherapy.
- Receive your final account at reception and pay any outstanding balance on your hospital account.
- Arrange for someone to drive you home. New Zealand law prohibits driving following anaesthesia or after taking medications known to impair a person's ability to drive.

Take the following from hospital

- Any new prescriptions given to you.
- Your x-rays and scans.
- Everything you brought to hospital including all medications and personal belongings.

When you return home

- Have someone stay with you for at least the first 24 hours and get enough assistance so you can recuperate.
- Follow your specialist and medication instructions.

Contact your specialist, GP or accident/emergency service immediately **if you become unwell** and/or develop any of the following signs or symptoms

- Sudden shortness of breath and/or pain in your chest.
- Coughing up blood-streaked mucus.
- Raised temperature (fever) or chills.
- Excessive bleeding or wound ooze.
- Increased pain, redness or swelling in or around the wound.
- Nausea or vomiting.
- Pain in your pelvis.
- Redness, pain, swelling or tenderness in your leg.
- Any other signs, symptoms or issues that are of concern to you or your whānau.

If in doubt, or in the event of an emergency, call an ambulance immediately (111).

