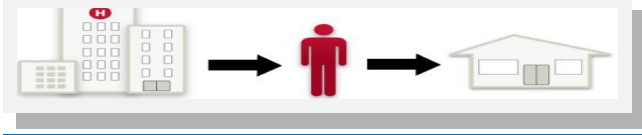


Leaving hospital



Most people are happy to return home to familiar surroundings. However, there may be mixed feelings as you can feel reassured and cared for while in hospital.

Tips to reduce any worries or fears you may have leaving the hospital:



- Don't be hard on yourself. Going home does not necessarily mean you're fully back to yourself.
- People may be worried, if they ask tell them a bit about your illness. You don't have to go into details.
- People will want to see you, however it is important that you get plenty of rest.
- Ask for help when you need it.
- Pace yourself—focus on small goals. A little activity everyday is better than pushing yourself.
- Your GP, Public Health Nurse or community pharmacist are available if you have any questions.

Contact details



Hospital staff will be in contact with your GP/Public Health Nurse when you are leaving the hospital.

If you have urgent concerns within 48 hours of your discharge please contact:

Ward: _____

Phone: (01) 809 _____

The name of the doctor (Consultant) responsible for your care is:

- After that time if you feel that you are not well and/or are not managing at home, contact your GP and/or Public Health Nurse.
- If you are due to come back to the outpatient clinic and do not receive an appointment please ring the hospital and ask to speak to your doctor's (Consultant) secretary.



Discharge Leaflet
Date Approved: June 2022
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Approved by: Patient Engagement Committee

Patient Discharge Information Leaflet



Some important information you will need when leaving the hospital



Beaumont Hospital
Beaumont Road, Dublin 9

About your discharge



From the day you are admitted to hospital, a number of staff are involved in your care. This team, made up of different staff members will work with you, your relatives and carers to plan your discharge.

We need to make sure everything is ready for you to go home as soon as you are well enough.

You may be moved to another less acute hospital after you have finished your tests and treatment if extra supports or care need to be organised for you such as:

- new equipment or changes to your home
- a home care package
- residential care

On the day of your discharge



We want to get you home as early as possible on your day of discharge.

While you are waiting for a lift home, doctors letters, prescriptions etc, you may be moved to our discharge unit.

This is a comfortable and pleasant environment managed by nursing staff and is open from 7am. Your care is continued here until you are ready to leave the hospital.

Know your Medicines



Medications are not supplied by the hospital. Make sure that you have your prescription before you leave. If you do not understand or have any questions regarding your medication; please ask your nurse, doctor or pharmacist and/or read the medication information leaflets.

Before leaving make sure you know:

- What medicines do I need to keep taking and for how long?
- Have any medications been added, stopped or changed, and why?
- How will I know if my medication is working, and what side effects do I watch out for?

Before you leave the hospital

There are a number of things that may be helpful for you to check before you go home.

Talk to your nurse if you have any concerns about your discharge.



Your checklist.....



Have I got a lift home?	
Do I have my clothes and house keys?	
Is there food at home?	
Has the heating been turned on?	
Have I got my prescription?	
Do I have stitches/clips that need to be removed by my GP?	
Do I know if I am to come back to an outpatient clinic ?	
Have I received all relevant information about my condition and treatment?	
Do I know when I can return to work and normal activities?	
Do I need a medical cert?	

Do you already receive care or services at home?...if so, talk to your nurse to make sure those services know you are being discharged from the hospital.