**SpeakUp: Avoid a return trip to the hospital**

**Before you leave the hospital**
- Make a list of all medicines you are taking.
- Ask about your medications.
- Make sure you understand the instructions.
- Write down any questions you need to ask your doctor.
- Get a copy of your medical records.
- Bring home a notebook with all your papers.
- Keep a copy of all your records.
- Follow-up with your doctor.

**After you leave the hospital**
- Follow-up with your doctor.
- Get a copy of all your records.
- Keep a copy of all your records.
- Follow-up with your doctor. 

**The Joint Commission**

For more information, visit:
- National Transitions of Care Coalition, Patient Bill of Rights During Transitions of Care
  (http://www.nationaltransitions.org/)
- Robert Wood Johnson Foundation Care Transitions Program
  (http://www.cms.gov/QualityMeasures/)
- National Quality Forum: The Care Transitions Program®
  (http://www.nationalqualityforum.com/)
- Robert Wood Johnson Foundation: Care Transitions Program®
  (http://www.nationaltransitions.org/)
- University of Colorado Denver School of Medicine: The Care Transitions Program®
- National Transitions of Care Coalition: Patient Bill of Rights During Transitions of Care
  (http://www.ntocc.org/)
- Other resources:
  - Community services (http://www.ntocc.org/WhoWeServe/)
  - Hospice care (http://www.ntocc.org/WhoWeServe/)
  - Home care (http://www.ntocc.org/WhoWeServe/)
  - Nursing care (http://www.ntocc.org/WhoWeServe/)

**Community services**

- Adult day care
- Transportation, such as shuttle services
- Adult care
- Personal care services

**Home care**

- Most communities have home care services to provide care to those who are at home. A social worker or case manager can help you find home care services in your community.

**Hospice**

- Hospice care is usually provided in the patient’s home. Some patients need around-the-clock care to a hospital facility for the best possible quality of life for as long as possible.

**Therapy**

- Physical, occupational or speech therapy

**Tip**

- Start a notebook. Include:
  - A list of your medications
  - Names of your doctors
  - Laboratory results
  - Instructions
  - A copy of your medical records
  - Questions you need to ask
  - Take your notebook with you to each doctor’s visit.

**Regular doctor visit**

- Your regular doctor can answer questions about:
  - Your condition
  - Treatment
  - Follow-up care
  - Medicines

- Examples

- Check lessons for infection
- Become stitches
- Blood blood or nerve tests

**Recommended activities**

- Order blood or urine tests
- Remove stitches
- Medicines

- Do you need a follow-up appointment with your surgeon or other doctors?
- Do you need a follow-up appointment with your regular doctor?
- Do you need to see your regular doctor?
- Will you need follow-up tests or treatment?
- Do you have any new medical conditions?
- Do you have any questions for your doctor or other health care provider?
- Do you have any new medical conditions?
- Do you have any questions for your doctor or other health care provider?
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- Do you have any questions for your doctor or other health care provider?