Have you been released from the hospital recently?

It can be overwhelming when you are hospitalized, but your healthcare providers are there to assist you.

After leaving the hospital, be sure to:
1. Take your discharge paperwork to your physician appointments and to your pharmacist, so they can update their records
2. If possible, get a copy of any labs drawn while you were in the hospital
3. Keep an up-to-date list of your medications (including dose, how often taken and details of the medication form, i.e., XL, combination product, etc.) This should include:
   • Prescription medicines (require a healthcare provider to prescribe)
   • Over-the-counter medicines (bought without a prescription)
   • Vitamins, herbals or supplements (include the mg or unit strengths)
   • Creams, lotions, nasal sprays, eye drops and any medications you may take when needed
   • Allergies to medicines and the reaction you have

Questions you may want to ask your pharmacist after leaving the hospital:
1. Which medications are to be stopped or started when discharged?
2. What are the benefits and risks of using, or not using, each medication?
3. What are the most common side effects and which are the most serious?
4. Which medications or illnesses require labs or follow-up after discharge?
5. What is the ideal time of day to use the medication? (a.m., p.m., with or without food)?
6. Do any medications require special equipment? (i.e., nebulizer, spacer, glucose meter, needles, etc.)